



Peer Assessment: Javelin Technique



1 Start Position



Tick when complete

- Wide feet position
- Throwing arm straight
- Lean backwards

2 Block



Tick when complete

- Turn the hips to the front
- Body is tall and looking up
- Hand above the shoulder

3 Delivery



Tick when complete

- Front leg is straight
- Point in the direction of the throw
- Tip down landing

A Basic Javelin Technique Ustfccca

M Tight



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