**ATHLETICS**

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| **SPRINT** | **MIDDLE DISTANCE** | **HURDLE** |
| **LONG JUMP** | **BODY POSITION** | **SHOT** |
| **HIGH JUMP** | **JAVELIN** | **DISCUS** | **SPEED** |
| **LANDING** | **TRANSFER OF WEIGHT** |
| **LEG ACTION** | **ARM ACTION** | **STAMINA** |
| **ENDURANCE** | **RUN** |  |