**ATHLETICS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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** | |  | |