



SPORT CAREER DEVELOPMENT PROGRAMME

ATHLETICS ASSESSMENT

- SPRINT (60m)
 - 1) Correct Starting Position and finishing (Leading with one foot, alternate hands, inclined forward)
 - 2) Run on the balls of the feet
 - 3) Arms complementing the movement
 - 4) Push knees forwards & upwards
 - 5) Result – According to position (1st, 2nd, 3rd etc).

- LONG RUN (400m)
 - 1) Upright position
 - 2) Arm swing
 - 3) Long stride (good cadence)
 - 4) Pacing the run
 - 5) Result – According to position

- STANDING BROAD JUMP
 - 1) Standing shoulder-width apart
 - 2) Bent knees and swinging arms
 - 3) Flight for distance
 - 4) Steady landing with bent knees
 - 5) Result – According to position

- THROW
 - 1) Leading with one foot
 - 2) Alternate arm holding the ball
 - 3) Aim with non-throwing arm
 - 4) Throw the ball forward & follow-through
 - 5) Result – According to position