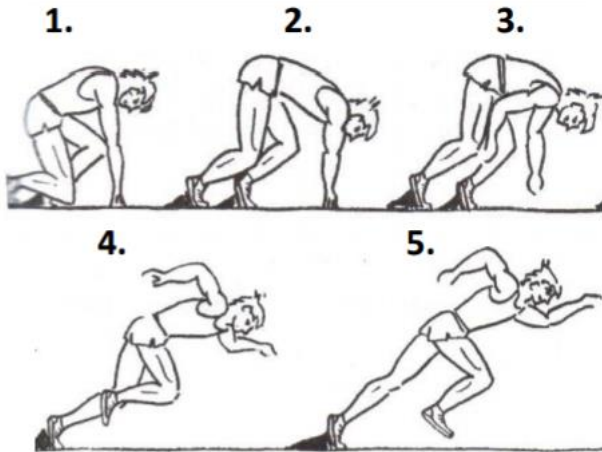


# Athletics

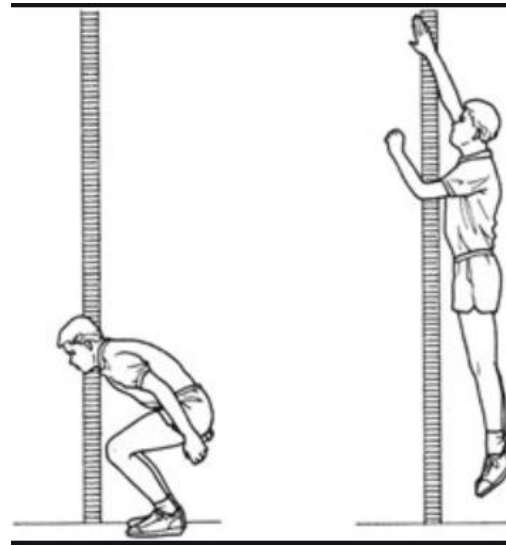
## Run, Jump, Throw.

### Key words

|          |          |              |
|----------|----------|--------------|
| Throw    | Balance  | Strength     |
| Accuracy | Speed    | Power        |
| Grip     | Timing   | Flight       |
| Control  | Take off | React        |
| Movement | Muscles  | Coordination |



- Crouch on one knee, with your fingers on the floor.
- Raise your hips.
- On the B of the Bang, breathe out hard and pump those arms and legs.
- Keep your body up straight and look forward.



- Find out how far you can touch without jumping
- Use arms to gain height
- Touch as high up the wall possible.

**How could you jump higher?**

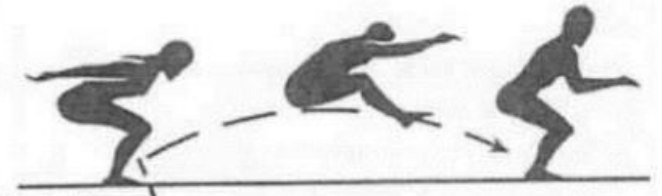
**Underarm**



**Overarm**

- Experiment with underarm and overarm
- Use speed of movement
- Do not cross throwing line

**How could you make it go further?**



- Stand with 2 feet together
- Use arms to jump further
- Land with 2 feet together

**How could you jump further?**