**Athletics video analysis:**

You need to view the following Youtube clips and break down each event into 3 segments: Use pause & rewind to further break down each segment.

**Discuss Throw:** [**https://www.youtube.com/watch?v=y9cb6pTFidY**](https://www.youtube.com/watch?v=y9cb6pTFidY)

[**https://www.youtube.com/watch?v=hfS\_oCPGdY4**](https://www.youtube.com/watch?v=hfS_oCPGdY4)

[**https://www.youtube.com/watch?v=INe9ZrqrMoo**](https://www.youtube.com/watch?v=INe9ZrqrMoo)

**Start:**

What is the body position in: I am facing the opposite end to where I am throwing

Where is your head facing……………………..

Where is your leading foot facing……………………

**Middle segment:**

What is the body position in………………

Where is your head facing……………………..

Where is your leading foot facing……………………

**Finish or release of object:**

What is the body position in………………

Where is your head facing……………………..

Where is your leading foot facing……………………

What are the 3 major muscles used in Discuss : ( please use the correct anatomical names)

**Shot Put Throw:** [**https://www.youtube.com/watch?v=tHVMufMECPo**](https://www.youtube.com/watch?v=tHVMufMECPo)

<https://www.youtube.com/watch?v=hMJXFUe-UJw>

<https://www.youtube.com/watch?v=NH5sQd5JTDU>

**Start:**

What is the body position in: I am facing the opposite end to where I am throwing

Where is your head facing……………………..

Where is your leading foot facing……………………

**Middle segment:**

What is the body position in………………

Where is your head facing……………………..

Where is your leading foot facing……………………

**Finish or release of object:**

What is the body position in………………

Where is your head facing……………………..

Where is your leading foot facing……………………

What are the 3 major muscles used in Shot Put : ( please use the correct anatomical names)

**Long Jump:** [**https://www.youtube.com/watch?v=a4IsrJO\_LQQ**](https://www.youtube.com/watch?v=a4IsrJO_LQQ)

[**https://www.youtube.com/watch?v=uEVrSHn4Dl0**](https://www.youtube.com/watch?v=uEVrSHn4Dl0)

[**https://www.youtube.com/watch?v=xGuH\_jjauHg**](https://www.youtube.com/watch?v=xGuH_jjauHg)

**Start:**

What is the body position in: …………………………

Where is your head facing……………………..

**Middle segment as you have just jumped:**

What is the body position in………………

Where is your head facing……………………..

What are your arms doing as you jump…………………………..

Where is your leading foot facing……………………

**Finish of Jump:**

What is the body position in………………

Where are your arms positioned……………………..

Where is your leading foot facing……………………

What are the 3 major muscles used in Long Jump : ( please use the correct anatomical names)

**High Jump:** [**https://www.youtube.com/watch?v=WLlo4u2HHD4**](https://www.youtube.com/watch?v=WLlo4u2HHD4)

[**https://www.youtube.com/watch?v=vsuZb3\_xwXE**](https://www.youtube.com/watch?v=vsuZb3_xwXE)

**Start:**

What is the body position in: …………………………

Where is your head facing……………………..

**Middle segment as you have just jumped:**

What is the body position in………………

Where is your head facing……………………..

What are your arms doing as you jump…………………………..

Where is your leading foot facing……………………

**Finish of Jump:**

What is the body position in………………

Where are your arms positioned……………………..

Where is your leading foot facing……………………

What are the 3 major muscles used in Long Jump : ( please use the correct anatomical names)

**Start:**

What is the body position in: …………………………

Where is your head facing……………………..

**Middle segment as you have just jumped:**

What is the body position in………………

Where is your head facing……………………..

What are your arms doing as you jump…………………………..

Where is your leading foot facing……………………

**Finish of Jump:**

What is the body position in………………

Where are your arms positioned……………………..

Where is your leading foot facing……………………

What are the 3 major muscles used in Long Jump : ( please use the correct anatomical names)