

SELF/PEER ASSESSMENT

SPRINTING		Name:: Assessor: Dates:	
CORE PRINCIPLE		CAN DO <i>(tick)</i>	AREAS REQUIRING MORE PRACTICE <i>(describe)</i>
1	Maintain stride rhythm and high knees.		
2	Drive the legs downwards and backwards.		
3	Arms bent at 90 degrees-relaxed hands.		
4	Arms pump forwards and back with a fast, vigorous movement close to the sides of the body.		
5	Keep the head level and still, and look to the front.		
TARGETS FOR THE FUTURE			