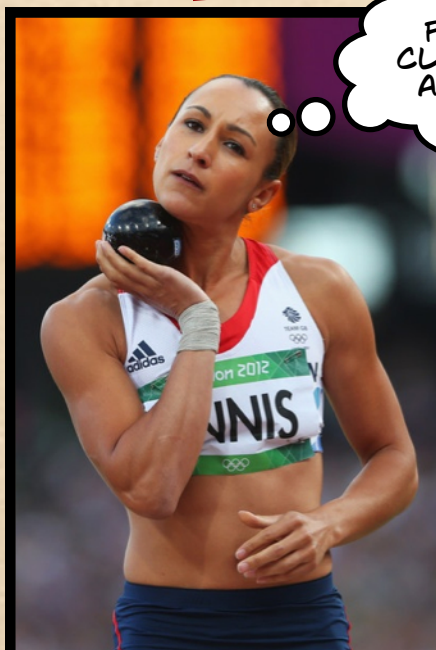


SHOT PUTT



DIRTY
FINGERS,
CLEAN PALM
AND DIRTY
NECK



ADOPT A 'CHIN-KNEE-TOE
POSITION



BACK LEG
BENT AND
TAKING BODY
WEIGHT. FRONT
FOOT POINTING IN
THE DIRECTION
THE SHOT WILL
GO

KS3 BOYS STANDARDS
GOLD 8.60M
SILVER 6.50M
BRONZE 4.80M

KS3 GIRLS STANDARDS
GOLD 6.80M
SILVER 5.70M
BRONZE 4.30M



WORLD RECORD 23.12 M

HIPS,
CHEST AND
SHOULDERS
FACE FORWARDS
BEFORE
THROW



COME
THROUGH WITH
THE HIPS
(TRANSFER BODY
WEIGHT FROM BACK
TO FRONT). GO
FROM LOW TO
HIGH!



RELEASE
THE SHOT
HIGH WITH
LONG ARMS.
APPROX 45
DEGREES