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| **Class:** **Assessment date:**  | **OVERALL CHECK: Does it look right?** | **1. Eyes focused on target area throughout the throw** | **2. Stands side-on to target area** | **3. Throwing arm moves in a downward and backward arc** | **4. Steps towards target area with foot opposite throwing arm** | **5. Hips then shoulders rotate forward** | **6. Throwing arm follows through down and across the body** |
| **Assessment key:**✓ AchievedND Not demonstrating |
| **Student name** |
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[Get Skilled: Get Active](https://schoolsequella.det.nsw.edu.au/items/3847e308-dbe1-4ece-b751-d042287293e6/1/) K-6 resource to support the teaching of fundamental movement skills, [PDHPE Curriculum Resources](https://education.nsw.gov.au/teaching-and-learning/curriculum/pdhpe/physical-literacy/resources) (© State of New South Wales, Department of Education, 2016); [CC-BY 4.0](http://creativecommons.org/licenses/by/4.0/)