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| **Class:**  **Assessment date:** | **OVERALL CHECK: Does it look right?** | **1. Eyes focused on the target throughout the throw** | **2. Stand side-on to the target** | **3. Throwing arm nearly straightened behind the body** | **4. Step towards the target with foot opposite throwing arm during the  throw** | **5. Marked sequential hip to shoulder rotation during the throw** | **6. Throwing arm follows through down and across the body** |
| **Assessment key:**  ✓ Achieved  ND Not demonstrating |
| **Student name** |
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[Fundamental Motor Skills A manual for classroom teachers](https://fuse.education.vic.gov.au/Resource/LandingPage?ObjectId=6f9265d9-afef-4a9a-9228-05a039225985&SearchScope=Primary) State of Victoria (Department of Education and Training [CC BY 4.0](https://www2.education.vic.gov.au/pal/intellectual-property-and-copyright/policy)