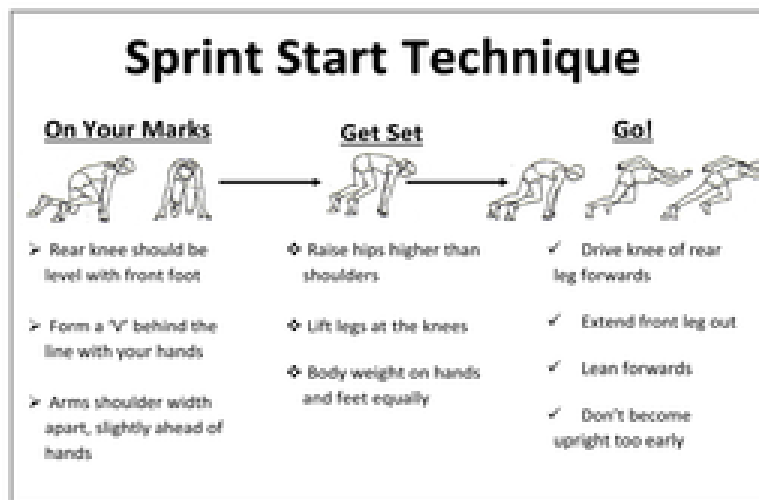


Athletics

Sprint start

Using the task sheet below, practice the Sprint start position (in your garden, living room etc)



Use the link below to see how it can be improved:

<https://youtu.be/Drdm1WsRQwA>

What events use the sprint start position to start the race?

Let me know how you get on:

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