



speed pace rhythm

co-ordination

distance

stamina



obstacle

power

pull

stride

fluency



fling

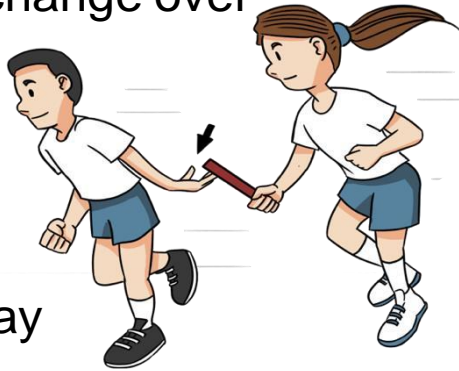
change over

baton

rotation

release

transfer



up sweep

officiate

# ATHLETICS

jump

vertical

relay

down sweep

distance

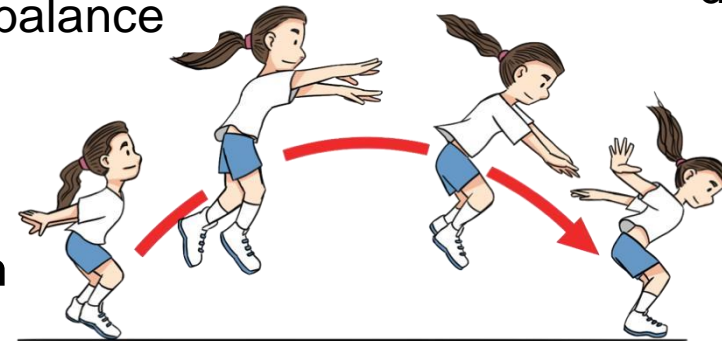
force

extend

balance

push

stability



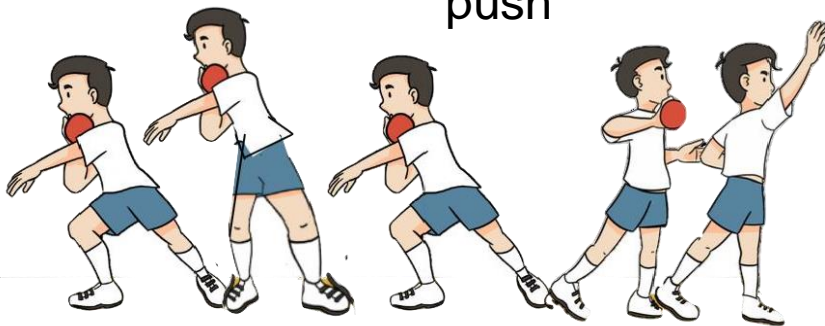
agility

momentum

take off

leap

hop



heave

accuracy