

A legend.
A legacy.
A lifetime of inspiration.



400m Peer Feedback Sheet

	1st Run	2nd Run
Sprint Start Position		
Front foot is placed at forearm's length behind the start line		
Knee of back foot is on the ground side by side with the front foot		
Hands are placed on the ground, shoulder width apart, just behind the start line with fingers arched		
Whilst waiting for the 'go' command, back is straight		
Whilst waiting for the 'go' command, head is level with back, eyes are looking straight down		
First 50m		
Quick reaction to 'go' command		
Arms driving forward		
Body position is low for the first 10 metres of the race		
Body begins to straighten out after 10m		
By 50m the pupil is running at full 400m pace		
The Main Event		
Steady even strides		
Steady pace		
Running tall		
Head is upright		
Body is relaxed		
The Final 50m		
Running at maximum speed		
Arms driving forwards		
Head and body dip just before crossing the finish line		