

Shuttle throw

Throw a shuttle as far as possible standing still.

Starting position

- Behind the line
- 5 shuttles

Score

Distance with an accuracy of 1 cm

Attempts

Throw 5 shuttles, enter 5 scores

- ✓ 1 shuttle can be thrown as a trial
- ✓ The tester immediately notes where the shuttle has landed
- ✓ When a distance differs a lot from the others or the shuttle is thrown too far away from the measuring line, the child can throw his shuttle again
- ✓ Throw overhand only, NOT underhand



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