

NAME:

Looking at technique (circle what you did)

Arm position at release of ball:

- straight
- slightly bent
- very bent

Hip rotation:

- feet in parallel and don't move hips
- stand with one foot in front of the other and have little or no movement of hips
- stand with one foot in front of the other and move their whole body (including hips)

Attitude – Crunch the coach

For this short survey think back to when you did the throwing and catching data collection. Answer based on what you did that day.

Circle the descriptor that best describes what you did that day.

1. I tried my hardest when doing the throwing and catching data collection.

I didn't try for any of the throws and catches	I tried my hardest for some of the throws and catches	I tried my hardest for most of the throws and catches	I tried my hardest for all of the throws and catches
---	--	--	---

2. I focused on what I was doing during the throwing and catching data collection

I didn't focus for any of the throws and catches	I was focused for some of the throws and catches	I was focused for most of the throws and catches	I was focused for all of the throws and catches
---	---	---	--

Body measures

Height (in cm) copy from CensusAtSchool data	
Arm length	
Hand span	
Right foot length (in cm) copy from CensusAtSchool data	

Involvement in sport

1. In the lists below tick any sports that you play or have played in the past.
2. For those sports you tick also give the number of years you have played the sport, including this year if you are still playing it.

Sport	✓	Years
Athletics - throwing		
Athletics - jumping		
Athletics - running		
Basketball		
Cricket		
Softball		
Rugby		
Soccer		
Hockey		
Netball		
Kayaking (including waka)		

Sport	✓	Years
Cycling - road		
Cycling - mountain bike		
Cross-country running		
Gymnastics		
Tennis		
Badminton		
Squash		
Other:		