

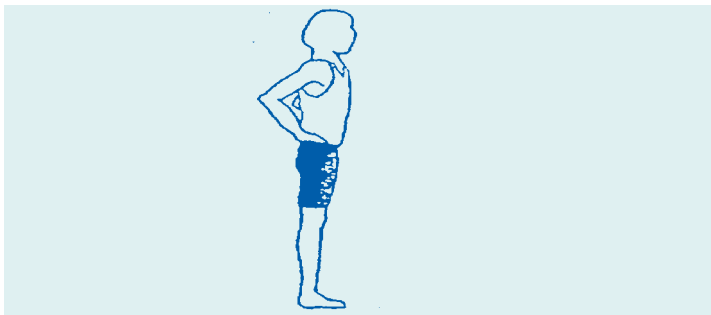
Resource materials: Starting

### **ONE-HANDED STANDING START**

#### **INITIAL POSITION**

**Command:** *On your marks*

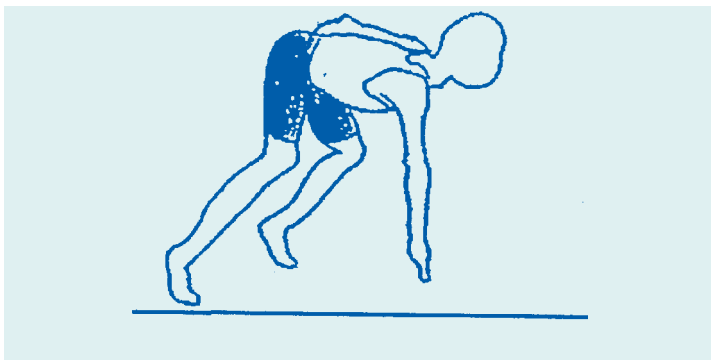
*The students are asked to stand upright.*



#### **NEXT STEP**

**Command:** *Set*

*The student places one foot to the line but behind it. Weight is balanced forward onto this foot. One hand is placed on the ground to support the body.*



#### **FINAL STEP - THE RUN STARTS**

**Command:** *Go*

*The student pushes off the front foot. Both arms are used – driving them with great force.*

