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| **Class:**  **Assessment date:** | **OVERALL CHECK: Does it look right?** | **1. Eyes are focused on the ball throughout the punt** | **2. Ball held at about hip height in front of punting leg** | **3. Step forward onto non-punting foot** | **4. Bend knee of kicking leg during the backswing for the punt** | **5. Hip extension and knee flexion of at least 90° during preliminary punting movement** | **6. Guide ball down, with one hand, so it makes contact with the top of the foot** | **7. Forward and sideward swing or arm opposite punting leg** | **8. Punting leg follows through towards the target after ball contact** |
| **Assessment key:**  ✓ Achieved  ND Not demonstrating |
| **Student name** |
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