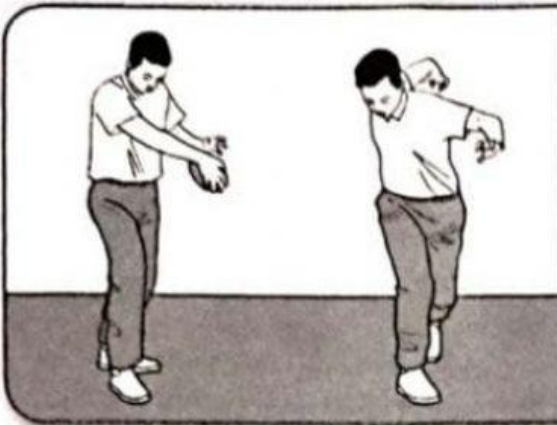


PBD 6.3 Lempar Cakera



Terangkan lakuan yang betul dalam setiap fasa lempar cakera. SP1.8.3, 2.8.3, 5.1.3, 5.1.4 TP1

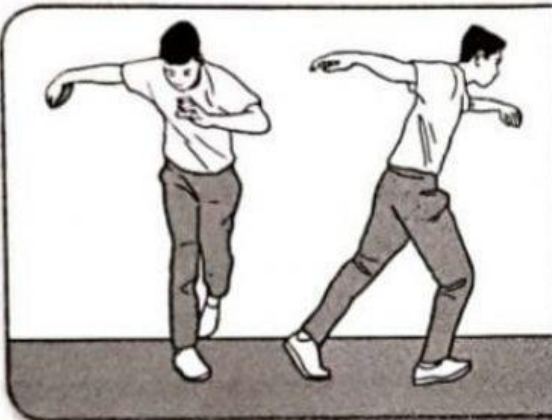
1



Fasa Persediaan

- (a) Dirian: _____
- (c) Tangan: _____
- (d) Berat badan: _____

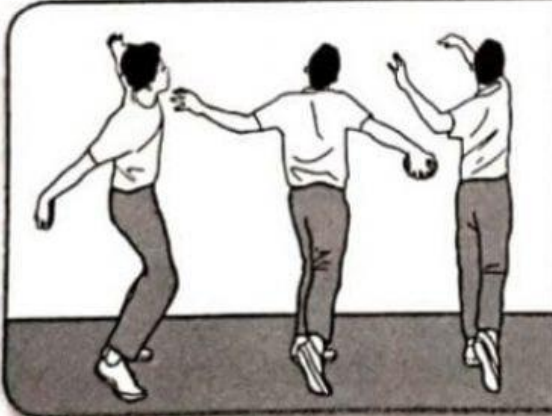
2



Fasa Kedudukan Kuasa

- (a) Kedudukan badan: _____
- (b) Berat badan: _____

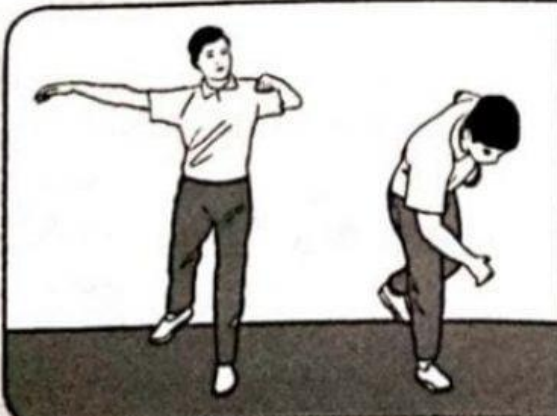
3



Fasa Lemparan

- (a) Kaki: _____
- (b) Badan: _____
- (c) Tangan: _____

4



Fasa Pemulihan

- (a) Kaki: _____
- (b) Badan: _____