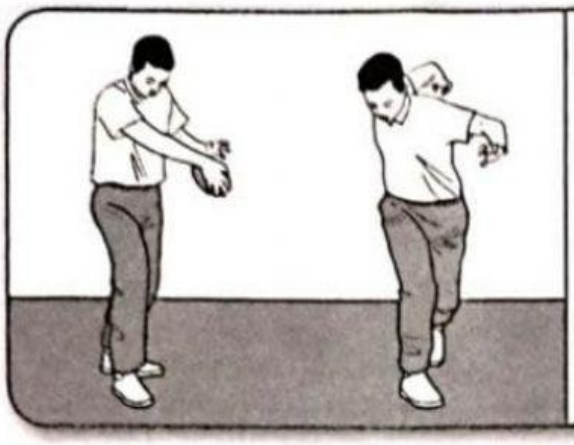
## PBD 6.3 Lempar Cakera

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: _____

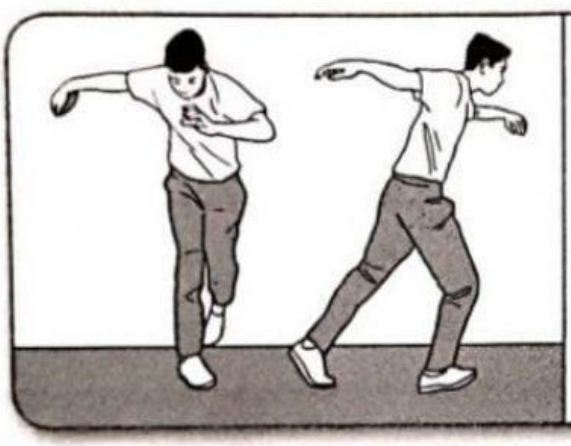
(c) Tangan: _____

_____

(d) Berat badan: _____

_____

2



**Fasa Kedudukan Kuasa**

(a) Kedudukan badan: _____

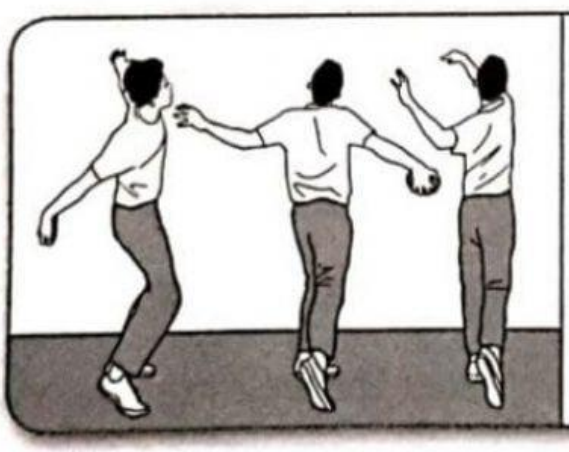
_____

(b) Berat badan: _____

_____

_____

3



**Fasa Lemparan**

(a) Kaki: _____

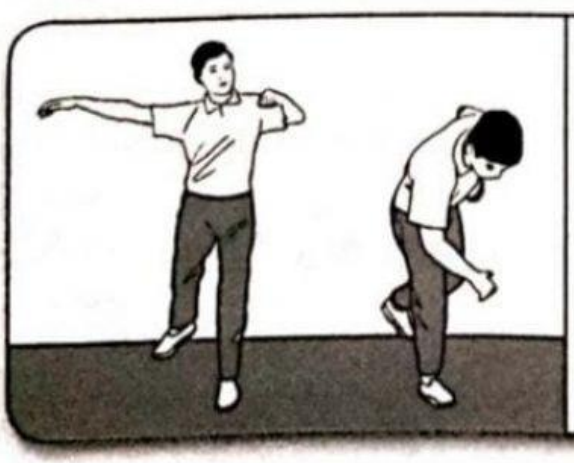
(b) Badan: _____

_____

(c) Tangan: _____

_____

4



**Fasa Pemulihan**

(a) Kaki: _____

_____

(b) Badan: _____

_____

_____

LIVEWORKSHEETS