

Session 6

Athletics – Throwing (Javelin or Shot Put)

Age:

KS2

Learning Objective / Skill:

To be able to develop my throwing technique for javelin or shot put.

All: I can identify at least 3 teaching points for throwing a javelin/shot Put

Most: I will be able to improve the distance I get during the course of the lesson

Some: I will be able to help my partner using physical literacy learnt during this lesson

Equipment

Very dependent on the schools equipment and size on group:

You can use the following:

Cones, Foam javelins, basketballs, softballs, footballs, bean bags, tennis balls

Time: 50 minutes

Space:

Indoor or outdoor

Warm Up Activity:

Aim of Activity:

Organisation

Time: 10 minutes

Lets watch a DVD!

Coach shouts out the following instructions:

- Play: Walk/move at steady pace
- Rewind: Walk backwards (looking where you are going)
- Fast Forward: Run/Move quickly
- Slow Motion: Move slowly
- Pause: Stop still

The coach does this whilst telling a story: e.g. title of the DVD is, a Trip to the Zoo. Tell a story about walking around the zoo and seeing different animals. You can Pause and change the animal.

Skill Session

Aim of Activity

Throwing techniques.

Organisation

Time: 30 minutes

Activity 1:

Only THROW when you say THROW, only COLLECT when you say COLLECT!

Shot put.

First thing to stress is the word **PUSH!** This is a pushing action and not a throwing action.

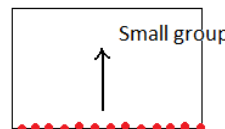
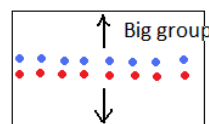
Give pupils a full demonstration of the 2 hand push technique with a football/softball/basketball (essentially a push pass).

- Stand facing where you want to push to
- Hands behind ball, fingers spread, elbows bent
- Push up and straighten arms (45 degrees)

Pupils then line up in pairs, 1 to throw first, 2 to observe – then swap. Organise group in one of the ways to the right

Teaching Points:

- **Stand facing where you want to push to**



Activity 1:

Simplification:

Use a smaller ball

Progression:

Mark where it landed with a cone – try and beat this distance

Activity 2:

Simplification:

- Hands behind ball, fingers spread, elbows bent
- Push up and straighten arms (45 degrees)

Progress to one hand:

Demonstration:

- Stand sideways, ball in back hand
- Hold ball with one hand into your neck
- Other arm pointing to the sky at 45 degrees
- Twist hips and shoulders round and push ball away from your neck and straighten your arm

Pupils to try this technique a few times, before being given either foam shot puts or bean bags/smaller balls (tennis balls etc.)

Constantly remind pupils that this is a PUSHING action and not a throwing action: Put a line where you think the furthest possible push would land from the group: anyone beyond that would need to demonstrate to the whole group to see if they used a throwing technique.

Extension:

- Introduce Tony Chin (Toe, Knee, Chin)
- Pupils now try to put the object to their neck, turn their hips around and bend their back leg so their toe, knee and chin are all in line, then on THROW, straighten back leg, rotate their shoulders and hip and PUSH away.
- This should allow pupils to PUSH further.



Javelin – Only teach this if your school has Foam Javelins to hand, if not, stick with Shot Put

Tell the children about the dangers of a javelin, why we must wait before we collect and why we are only using foam ones.

With tennis balls, line up pupils in pairs, 1 to throw first, then 2's. Pupils must throw the tennis balls, but start with a straight back arm.

Stress that a javelin throw is like throwing a tennis ball, but you MUST start with a straight back arm.

Standing throws only:

Teaching points:

Preparation:

- Stand side on to line
- Javelin in back hand, with arm straight
- Front arm pointing forward at 45 degrees, head forward
- Weight on back foot

Execution:

- Transfer weight onto front foot,
- Rotate shoulders and hips
- Bend back arm through to the front to straighten it again
 - Front arm to brought to the back (helping shoulder rotation)

Give another demonstration. Let me hold object with 2 hands but must be into their neck

Progression:

Give smaller objects to push (tennis balls, bean bags etc.)

Introduce Toe Knee Chin and see if they can challenge themselves to beat a marker cone

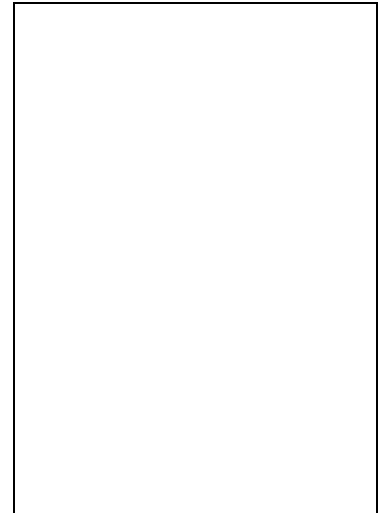
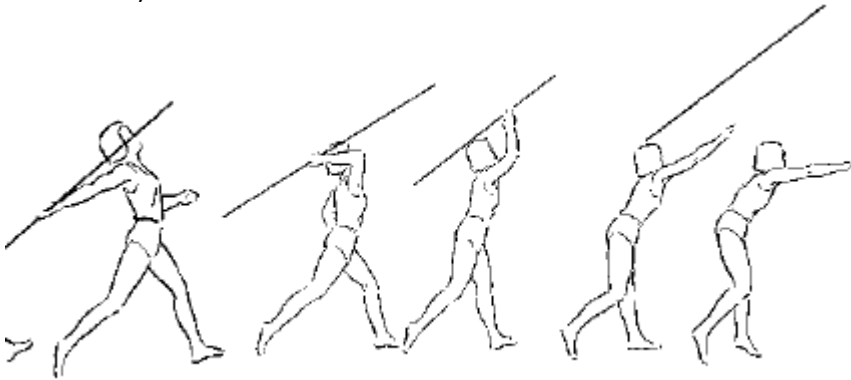
Simplification:

Ask partners to observe and help
Stick to throwing tennis balls until a technique improvement

Progression:

Ask pupils to focus on the transfer of weight from back to front to try and beat their cone.

Using cones, each pupil has a colour cone, they mark where the javelin landed. This is their marker cone to try and beat.



Key Language

Push Throw Rotate 45 degrees Straight Neck Toe Knee Chin Side On Javelin Shot Put

Cool Down

Aim of Activity:

Recap

Organisation

Time: 5 minutes

Questions:

- Who can tell me any teaching points for shot put/javelin?
- Why do we make sure not to fall over the throwing line?
- How can we put more weight behind the shot/javelin?
- Give me 2 stars and a wish for someone's throw— pick 2 pupils

Encourage literacy used in this lesson

Safety Considerations

Leave enough space between groups. Ensure all sporting and non-sporting equipment is clear or sorted away from the performing area.