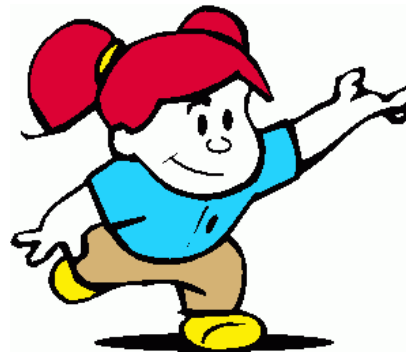


Athletics Throwing Pack

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How to: Athletics Throwing Teaching Tips

Throwing

- Use your legs to give you power.
- Start with your weight on your back foot.
- Step into the throw from your back foot to your front foot.
- Use your shoulder, then your arm, then your hand. Release!

Safety and Organisation

- Throwing can be dangerous.
- Commands: **Throw, Collect, Shark!**
- Keep a look out for anyone who forgets the safety rules.
- Place **left handed throwers** to the left side of the throwing area.
- Throwing should only take place when the throwing zone is completely clear.

Three Simple Rules

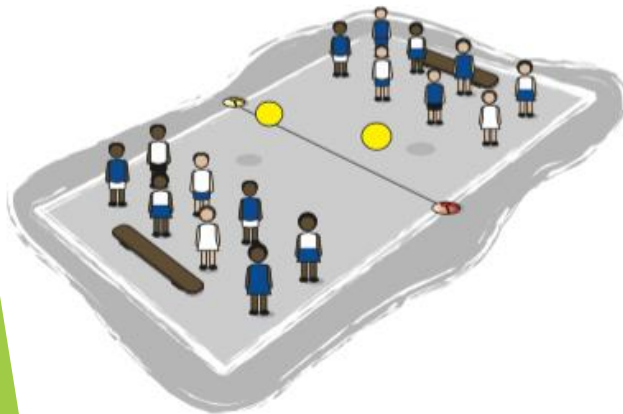
- Toes behind the throwing line.
- Point in the direction you are throwing with your non throwing arm.
- Throw long and tall.



Athletics Throwing - Team activity for Big Groups Goal Attack

Task

- Aim to throw for distance and play as part of a team.
- Arrange two teams, each must stay in own half.
- Use cones or playground lines to divide the court.
- Add benches or cones at the back of each team half, this is the goal.
- Teams must stay in their own half of the court.
- Players can use one or two hands to throw, trying to get the **foam balls** to land behind their opponents bench/cones (Goal) - once there, they cannot be retrieved.
- The foam balls must be thrown from where they land.
- The winning team lands most balls in the opposing team's goal area after a set time.



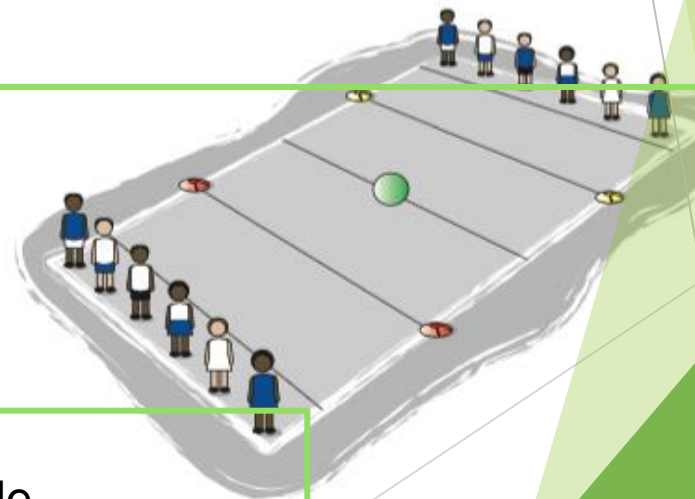
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Throwing for Distance - Team Activity for Big Groups Cross the Line

Task

- Aim to throw with accuracy and speed in a team activity.
- This can be played by two teams on one court or smaller teams on multiple courts.
- Set two lines across the middle of playing court.
- Place a large ball in the centre of the court between the two centre lines.
- Each team must be in their own half behind the centre lines.
- Pupils throw their bean bags at the large ball and try to move it over the opponents' scoring line.
- The team achieving this scores a point.



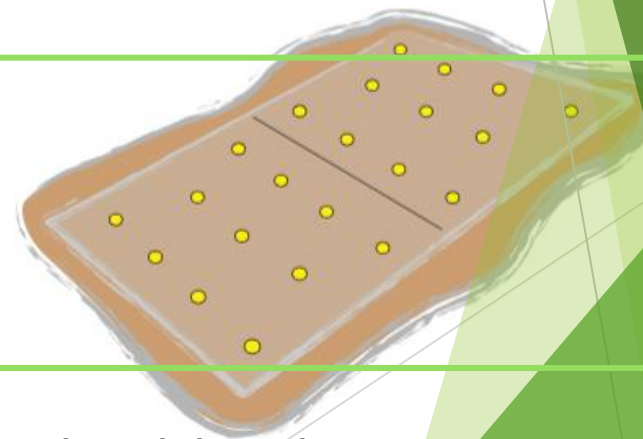
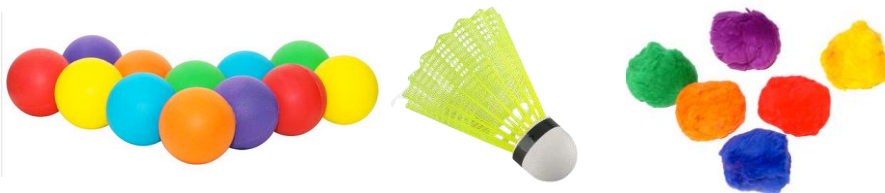
Challenge

- Have more than one large ball in the middle.
- Reduce or increase the distance between teams.
- Use a big swiss ball.

Athletics Throwing for Distance - Team Activity for Big Groups Flying Objects

Task

- Aim of this game is to throw with speed and agility to get as many objects as possible into other teams' half of the court.
- Divide area into two halves, use cones as centre line.
- Scatter equal number small sponge balls, pompoms and/or shuttles on each half.
- Split the group into two teams.
- Only throw one object at a time.
- Add a time limit to finish game.
- Count objects in each half. The winning team has least number of objects.
- Repeat challenge two or three times.



Challenge

- Put a net across the centre line to encourage over head throwing.
- Play a mini tournament to best of 3 or 5 games.
- If space allows, play 2 or 3 games simultaneously and rotate teams.

Athletics Throwing for Accuracy - Team Activity Golf

Task

- Aim is to throw accurately towards multiple targets.
- Set out a number of hoops 20-50m apart around a large area.
- Use coloured dots or chalk to mark a throwing line 5m away from each hoop.
- The hoops are golf holes.
- In small teams, try to get shuttle/bean bag/quoit from one hoop to the next in as few throws as possible.
- Each team starts at a different hoop.
- Use the dots or chalk lines as the throw-line.
- Take turns to throw.
- Each team member, take turns to throw again from where their first throw landed until all have thrown successfully into the hoop.



Challenge

- Count and add up how many throws it takes you and the team to complete the golf circuit.
- Use score cards to record.
- Team challenge - each member of the team has a different coloured bean bag/quoit representing a different team - all the reds are one team, blue team etc.
- Specify type of throw - overhead or underarm.

Athletics Throwing for Accuracy - Slider Glider

Task

- Aim to apply appropriate effort in order to control an object's flight and throw accurately.
- This activity can be done in pairs or individually.



Task - Pairs

- Bean bag each.
- Pairs, face each other, anything between 2-5m apart.
- Slide the beanbag across the ground, aim to stop in front of partner's feet.

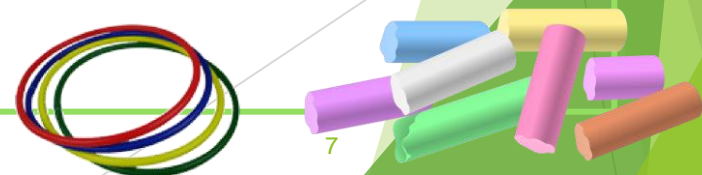
Task - Individual

- Slide bean bag along a line, toward a wall, into a chalk target.



Challenge

- Throw bean bag underarm, aim through partners legs or at target.
- Try with eyes closed.
- Try from sitting/kneeling/standing position.

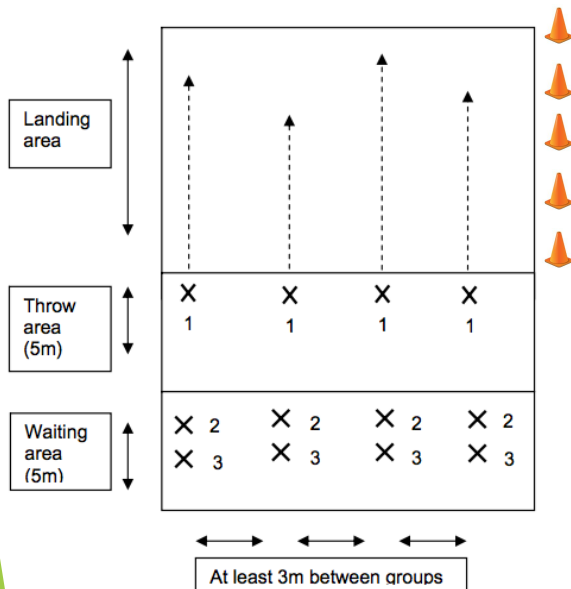


Athletics Throwing Area safety set up - Shark Infested Water!

Below are suggested options for achieving a safe throwing area.

Distances are only approximate.

- Pupils should be spaced apart and behind a clearly identified throwing line.
- Use a second line for larger groups.
- Pupils wait until they hear the command “**throw**”.
- Pupils must not cross the line until the command “**collect**”.
- If pupils cross the line before this command shout “**shark**” to remind them that it is not safe (the water is infested with sharks!).



2m distance
or
points zones



Safety Commands

- Throw
- Collect
- Shark!

Athletics Throwing for Distance - Discus (Sling)

Learning specific to Discus 'Sling' Action

- Pull from low and behind to high.
- Keep throwing arm straight and long when slinging.
- Progress to stand sideways on, bend back leg for extra power.



Task

- Take turns to sling quoits into the throwing zone.
- Zones can be defined by points or specific distance.
- Total scores or final distances can be calculated once all throws are complete.
- Progress to throwing hoops or junior discus.



Challenge

- Have a team competition, each zone scoring different points.
- Each team to try and score a certain number of points e.g. odd number only, multiple of 4, their combined age etc.

Safety

- Follow safety set up guidelines for this activity.
- Work in pairs/small groups. Throw on only the command of the teacher.



Athletics Throwing for Distance - Shot Put (Push)

Learning specific to Shot Put 'Push' Action

- Keep the bean bag close to the neck.
- Elbow high and push away from chin.
- Throw long and tall.
- Progress to stand sideways on, bend back leg for extra power.



Task

- Take turns to push bean bags into the throwing zone.
- Zones can be defined by points or specific distance.
- Total scores or final distances can be calculated once all throws are complete.
- Progress to throwing tennis balls or junior shots.



Challenge

- **The Shot Put World Record is 23.12m (men), 22.63m (women).**
- Calculate the difference between the distance you threw and the world record.
- Who in your group/class got the closest to the men's or women's world record?

Safety

- Follow safety set up guidelines for this activity.
- Work in pairs/small groups. Throw on only the command of the teacher.



Athletics Throwing for Distance - Javelin (Pull)

Learning specific to Javelin 'Pull' Action

- Arm overhead, pull from behind, keep elbow high.
- Throw overhead long and tall.
- Progress to stand sideways on, make a star shape and throw.



Task

- Take turns to throw shuttles or bean bags overhead into the throwing zone.
- Zones can be defined by points or specific distance.
- Total scores or final distances can be calculated once all throws are complete.
- Progress to throwing junior sponge javelins.



Challenge

- **The Javelin World Record is 98.48m (men), 72.28m (women).**
- Calculate the difference between the distance you threw and the world record.
- Who in your group/class got the closest to the men's or women's world record?



Safety

- Follow safety set up guidelines for this activity.
- Work in pairs/small groups. Throw on only the command of the teacher.

