

SUBJECT: PE

UNIT: Year 7 – Athletics (Field)



Javelin

The objective of Javelin Throw is to throw a spear-like structure (technically called as javelin) with your bare hands with maximum force so that it will travel as far as possible before landing.

Rules:

- Athlete must release the Javelin with 1 hand before they cross the throwing line on the runway.
- The tip of the Javelin must make contact with the floor first, if this does not happen then the throw would not count.
- The throw must land within the landing sector otherwise the throw would not count.

Teaching points:

- Hold the javelin in the fold of the hand along the length of the palm.
- Hold the javelin at head height, with the arm bent and the elbow pointing forward.
- Ensure the palm of your hand is facing upwards and begin running with your hips high and the javelin parallel to the ground.
- Maintain a controlled increasing speed throughout the run-up.
- During the final stage of the run up, straighten your throwing arm out directly behind you at shoulder height.
- Using your momentum, twist your body and bringing your elbow through first, release the javelin at a 45-degree angle out in front of your body.

Shot Put

Shot Put is played with a heavy spherical object popularly known as shot. The aim is to throw the shot-put as far as possible through a pushing action.

Rules:

- The athlete must rest the shot close to the neck, and keep it tight to the neck throughout the motion.
- The shot must be released above the height of the shoulder, using only one hand.
- The ball is to be put (i.e. pushed), not thrown with an overhead motion. At no time may the shot move behind the plane of the shoulders.

Teaching Points:

- Stand with feet shoulder width apart, side on to throwing direction.
- Place the shot in your fingertips, hold it to your neck. (Clean palms, dirty fingers)
- Bend back leg, keeping back straight.
- Rotate hips and chest towards the direction of the put
- Extend throwing arm and snap wrist/fingers outwards, releasing the shot at a 45-degree angle.

Discuss

The objective of discuss is to throw the discuss using one hand, as far as possible.

Rules:

- The discus can only be thrown by an athlete when he or she will stand inside a circle which has a diameter of 2.5m.
- During the course of throw, the athletes are prohibited from touching the top of the rim. However, they can touch the inner part of the rim.
- An athlete cannot touch the ground beyond the circle.

Teaching Points:

- Place strong hand on top of the discuss with your fingers spread around the outside.
- Hold the discuss stretched out behind your body with knees shoulder width apart and back knee bent.
- Rotate your body to generate momentum, swing the discus forwards and release it at a 45-degree angle.

