

SUBJECT: PE

UNIT: Year 10 – Athletics (Field)



Javelin

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

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

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.

Components of Fitness Required

Power - Having more power in your throws will allow you to throw a further distance.

Flexibility - A larger range of movement in your joints will generate more power on your throws.

Muscular Strength - Having more strength will allow for the greater generation of power, making your throws go further.

Additional links for NCFE students:

NCFE student's opportunity to develop leadership skills and responsibilities. Take lead roles in explaining to students how to warm up correctly in preparation for these events.

Following:

- 1) Mobility exercises, 2) Pulse-raising, 3) Stretched, 4) Practice movements.

These can be linked to each of the following events: Javelin, Shot put and Discuss.

