

# 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.

