

Topics in this cycle:
ATHLETICS (Field- Throwing)

Taught: Summer 1

Year Group: Key stage 3

Key knowledge/concepts to be learnt ('Tell me about...')

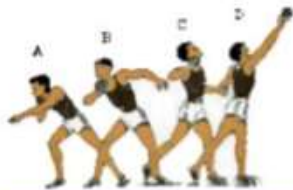
Websites/blogs/YouTube links and further reading to deepen and consolidate learning

Shot putt

- Rest the shot on your **palm** and push into your neck
- Ensure your chin, knee and toe are in line
- Punch shot away from the neck
- Keep elbow high

Rules:

- The shot must be released above the height of the shoulder with one hand



Discus

- Your throwing hand (including the thumb) is on top of the discus with your fingers evenly spread.
- The top knuckle of your four fingers (not the thumb) should touch the rim, with your fingertips over the sides
- Ensure your chin, knee and toe are in line
- Shift your weight forward as you pivot your hips.
- The discus should leave your hand smoothly off the index finger with your hand at about shoulder height.
- Follow through, rotating to your left to remain in the ring and avoid fouling. (if right-handed)



Javelin

- Straighten your arm keeping javelin close to your head and parallel to your arm
- Ensure your chin, knee and toe are in line
- Transfer your weight from front to back leg when releasing the javelin



Grip:

- Place javelin in the crease of your hand





[How To Throw A Shot Put - YouTube](#)

[Rules of Shot Put Throw : Rules and Regulations of Shot Put Throw for Beginners - YouTube](#)

[BASIC Discus Throw Technique \(the power throw\) - YouTube](#)

[Germany's Harting wins Discus gold - YouTube](#)

[How to throw the javelin | #3 | The javelin grip - YouTube](#)

Key Vocabulary and Definitions to Be Learnt		What Will the Assessment Look Like?
Throwing Events		BASE Assessment <ul style="list-style-type: none"> • Beginning • Approaching • Secure • Exceeding
Shot Putt	<p>The shot put is a track and field event involving "putting" (throwing) a heavy spherical ball—the shot—as far as possible.</p> 	
Discus	<p>A discus is a heavy circular object which athletes try to throw as far as they can.</p> 	
Javelin	<p>A javelin is a light spear designed primarily to be thrown, historically as a ranged weapon, but today predominantly for sport.</p>	
Throwing Circle	<p>The area that the throw must be taken from for Shot Putt and Discus.</p>	
Foul Throw	<p>When the athlete steps over the throwing line/out of the throwing circle. Or the throw goes outside of the throwing area</p>	

Home-School Learning Collaboration – Physical Education



Birchfield Harriers Athletics Club – Alexander Stadium. Walsall Road. Birmingham. B24 2LR. 0121 344 4858 www.birchfieldharriers.com

Royal Sutton Coldfield AC – Wyndley Leisure Centre. Wyndley Lane. Sutton Coldfield. B73 6ES. www.rscac.co.uk

