

## Unit 5: Throwing

**LEARNING  
OUTCOMES****The student will:**


- *apply safety measures associated with throwing*
- *outline basic rules governing shot putt event*
- *improve his / her ability to putt a shot.*

**EQUIPMENT**

Tennis balls, light shots (2.75/3.25 kg), measuring tape, batons, cones, soccer balls, basketballs, rubber shot.

**CLASS ORGANISATION**

You may work indoors or outside, but a large area is required. Use indoor shots inside. Make floor / mats premarked for measurement if possible.

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
<b>Introduction / warm up</b>	<p>Begin with a general aerobic warm up, followed by a series of stretching exercises Emphasis on upper body. Use simple relays for warm up</p>	<p>Question students on names of muscles and why they need to be warmed up. Allow students work in groups - Use balls of various sizes in each drill.</p>
<b>Development</b>	<p><b>Throwing</b> Students sitting in pairs facing - throw two handed from chest to each other. Repeat from behind head. Begin close together, increase distances. Use basketballs. Students standing - one foot back/one foot forward. Throws competition. From a) chest &amp; b) behind head.</p> <p>Class in groups of 4/5 Game 1 - Two throws each student. Game 2 - Put mark at best throw from each group i.e., one marker per team - attempt to beat the mark</p> <p><b>Standing Shot Putt</b> The shot putt can be described as 'pushing a lead ball away from you'. Safety aspects must be highlighted to begin with. See Teacher Guidelines.</p> <p>Outline basic rules of technique</p> <p>Allow students to practise:</p> <ul style="list-style-type: none"> <li>• standing frontal putt (without use of legs)</li> <li>• standing frontal putt (using legs) (resource material)</li> <li>• standing sideways putt</li> <li>• demonstrate standing shot putt - student or teacher.</li> </ul> <p>Working in groups and measure for distance. Students observing and attempting to evaluate technique. Basic rules of shot putt may be explained to finish this section of class (see resource material).</p>	<p>Ball between 2 Emphasise 'follow through'.</p> <p>Explain and apply Safety Rules. Feet/hips/shoulder square to the front. Transfer weight from back foot to front.</p>  <p>Vary implements.</p> <p>Cones / markers / lines at 1m intervals from 4 to 12m. Emphasise it is not a throw.</p> <p><b>SAFETY</b> Carrying a shot, passing a shot, checking throwing area.</p> <p>Position of shot in hand and by neck, elbow out, braced left side, shot pushed away.</p> <p>Concentrate on shot position &amp; elbow out' - chin, knee, toes in line, on back leg. Good technique keeps weight over back foot initially, rotating and driving forward quickly, keeping elbow up, and push away!</p> <p>Student must throw and finish within circle. Putt from shoulder, only one hand in contact with shot.</p>
<b>Conclusion / cool down</b>	<p>Very easy jogging/walking for 3 minutes, followed by stretching of main muscle groups.</p>	