

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Athletics	3/4	#1	Throwing - Javelin

Equipment

- Javelins
- Cones for set up
- Bean bags

Learning Objective	Success Criteria
• To gain an understanding of angles • To understand and apply correct throwing technique.	• I can hold the javelin correctly (grip and point). • I can step forward with the opposite foot when throwing. • I can throw with control and aim for distance or a target.

Key words

- Technique
- Angles
- Power

Preparation Ideas/Warm Up

Tidy My Bedroom:

Split the class into two teams and have a dodgeball type court set up. Spread bean bags around the area on both sides. Explain to the two teams that their area is their 'bedroom' and that the bean bags represent mess in their room. The idea is, using an underarm throw, to throw the bean bags into the other team's bedroom. You can only pick up one bean bag at a time to throw and you must be standing up to throw the bean bag

Skill Development

Javelin technique

- >Standing with one foot in front of the other (make sure the front foot is the opposite foot to the hand holding the javelin). >Slightly bend the front knee and keep the back leg straight.
- >Extend the arm holding the javelin straight behind with your other arm out in front pointing in the direction we want to throw.
- >Lean back and then extend the javelin in front in a quick motion for extra power

Practice throw

Get the children in teams of 4-5 (this number will be determined by how many javelins you have available). Have a safety line, then 2-3m in front a throw line (this will stop those who's turn it isn't being hurt/in the way).

Each child takes it in turn to have a go at throwing the javelin

Progression:

>Add in a start line. This will mean we have a safety line for those not throwing, then a start line and finally a throw line.

Children start on the start line and jog to the throw line before throwing their javelin.

Game

Javelin Competition

Keep the children in their groups and mark out 4 zones in the area the children will throw to. They will attempt their throws 3 times each and mark their score as well as their team score

>Zone 1 = 1 point

>Zone 2 = 2 points

>Zone 3 = 3 points

>Zone 4 = 4 points

>Beyond zone 4 = 5 points

Each zone is marked at the 5m point meaning beyond zone should be beyond 20m.

Progression:

>Each child will look at someone in their groups technique and explain to that person how they can improve their throw. Is it to do with their angles? Is it to do with them leaning back. Do they need to add power?

Teaching points

- Javelin to start above the shoulder with a bent arm. Grip the javelin in between the middle and back (around 1/3 from the back of the javelin)
- Pull the javelin behind until your arm is fully extended. When throwing, keep the javelin close to the shoulder
- Make sure they lean back in their stance before they throw. This will increase the power in their throw.
- Talk about angles – we want to throw at the perfect angle (0 degrees being straight, 90 degrees being pointed straight up, so what angle is the perfect angle? 45 degrees). This will ensure that we have the perfect height and distance when throwing. Make sure that our non throwing hand is pointed at 45 degrees which will help us to throw the javelin perfectly.
- When jogging with the javelin, we want to stay in the start position and pull the javelin back when we are close to the throwing line

Key Questions

- What angle do we want to throw the javelin at?
- What can help us to achieve this angle? – *using our non throwing hand pointed towards 45 degrees*
- How can we increase the power in our throw?

National curriculum links:

- Using throwing in isolation and combination
- Compare their performance against previous attempts and demonstrate improvements

Social and environmental skills:

- Developing resilience in trying to improve their scores/technique
- Developing confidence in trying a new skill