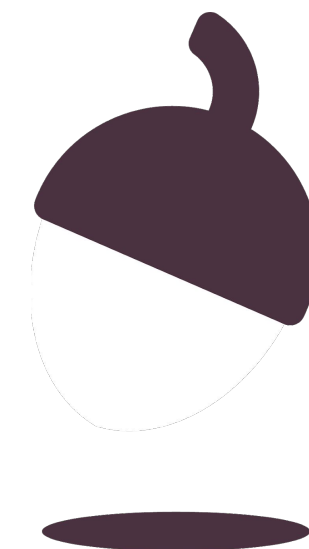


Physical Education (PE) - Athletics

Throwing for accuracy

Mr Lindley



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Athletics: Lesson 5 - Throwing for accuracy

In this lesson, you will have the opportunity to develop your throwing for accuracy skills and techniques. You will be able to apply these skills and necessary techniques in various challenging tasks.

Learning intention

- **Physical:** to accurately throw at/in a target.
- **Personal:** to develop skills in a progressive nature and to make informed choice.

Tasks

1) Step back target

- Using a suitable space, stand approximately 2m away from your target (laundry basket)
 - Throw 3 balls (rolled up socks) underarm into the basket.
 - Once successful, take a step back and repeat
 - Then repeat, using your non-dominant hand.
 - Focus on your throwing technique of opposite arm, opposite leg and following through



2) Speed throw

- Set a timer for 1 minute
 - How many successful underarm throws can you complete? 25 = gold, 20 = silver, 15 = bronze
 - Repeat and try to beat your previous score
 - Repeat but use your non-dominant throwing arm
 - What did you do differently and what effect did it have?

3) Shot put

- Practice the shot put technique (fingertip grip, bent arm to straight)
 - Repeat the previous activity but apply the shot put technique, using a push instead of a throw
 - Analyse the difference between the throw and the push in terms of height, trajectory and power



Learning questions:

To throw effectively, underarm, what should you do?

What are the benefits of throwing opposite arm, opposite leg?

STEP

S - Increase/reduce the distance between yourself and the target (laundry basket)

T - Reduce the time limit to complete the challenges

E - Use a smaller/larger object than rolled up socks

P - Stand on one leg/sit on a chair to complete the challenges

