Athletics: Throwing for Distance

Resources

TOPs card - Throwing for Distance

Elevating Athletics - Sit, Kneel, Stand

Athletics: Throwing for Distance

Lesson Focus and Cross- curricular ideas	Activity 5-7	Activity 7-11	Objectives
Introduction	Name different types of throws	Name Olympic throwing events	Provide wider understanding of skill/activity
Warm-up	Running on the spot, go for a swim using front crawl, backstroke and breaststroke arms Some stretches	Running on the spot using a variety of arm movements; high/low punches, circles, wide arms, one up one down Show some stretches and share	Identify and mobilise joints that children will be using Increase heart rate Stretch to avoid injury
Individual	Practice throwing different size balls/objects, which one goes the furthest? If only one throwing object practice different ways of throwing it	Practice throwing different size balls/objects over arm and underarm, which one goes the furthest? If only one throwing object can you throw it 2m, 5m, 10m, how far?	To familiarise pupils with different different throwing actions. To develop understanding of how different objects travel
Sit, Kneel, Stand	Choose one throwing object. Can you throw it whilst sitting, kneeling and standing? Which one do you prefer?	Choose one throwing object. Throw it whilst sitting, kneeling and standing. Try using a push throw and pull throw. Which helped to throw the futhest?	To explore and describe the effect of throwing from different positions

Athletics: Throwing for Distance

Lesson Focus and Cross- curricular ideas	Activity 5-7	Activity 7-11	Objectives
Throwing for Distance TOPs card	Mark out area at 2m intervals. Each interval is worth different points (1,2,3…) How many points can you score in a set time? Try to beat your score. Compete against someone.	Mark out area at 5m intervals. Each interval is worth different points (10,20,30…) How many points can you score with 5 throws? Try to beat your score Compete against someone	To develop power in throwing
	How far can you throw? Throw an overarm/pull throw. Count back how many footsteps your throw was. Try to beat your score	How far can you throw? Throw an overarm/pull throw. Try to step forward with your opposite foot when you throw	To develop throwing action To focus on having opposite foot forward and moving weight from back to front when throwing
Question	Can you think of other sports that use throwing?	Which throwing events use a pull throw?	To understand how the skill links to other activities.
Cool Down	Walking, can you make different size circles with your arms, finish with slow big circles Show some body stretches.	Jogging with swimming arms slowing to walking with slow motion swimming arms Can students suggest any stretches?	To understand which muscles we have used in the lesson.

Throwing for Accuracy Cross Curricular Links

Cross- curricular ideas	Activity 5-7	Activity 7-11
English	Add the capital letters to the paragraph detailing the throwing lesson	Write a diary entry about an athletics throwing PE lesson you have done
Mathematics	Measure the different throwing objects. Find different objects to measure, can you find any that are the same length	Measure different objects in your house. How many of each object would you need to reach the olympic records?
Science	Identify different materials used for throwing objects and find other objects made of the same material	Paper Aeroplane experiment. Test different types of paper areoplane to see which travels the greatest distance
Art	Create a poster advertising sports day	Create a poster advertising sports day Or Create a coaching card for pull throw

Athletics & English (5-7)

Read about Year 1's PE lesson. Can you add the capital letters that are missing?

it was a wednesday which meant it was pe day. year 1 had been working on athletics and today they were going to be thinking about throwing. miss simpson spread the class out 2m apart and gave everyone their own tennis ball. everyone took it in turns to have their go to see how far they could throw. george could throw his really far, miss simpson said it was because he was doing an overarm throw. the whole class tried an overarm throw to get their personal best. they measured the throw by counting how many feet the ball had gone. year 1 had a great time, i wonder what activity they will do next week?

Athletics & English (7-11)

Write a diary entry about an athletics throwing PE lesson you have done. It can be based on a real lesson or made up.

Checklist

- Past Tense
- Use First Person
- Organise events into paragraphs
- Include opinions and facts
- Use time conjunctions and adverbials

Athletics & Maths (5-7)

Measure the different throwing objects. Can you find different objects to measure which are the same length?

Foam Javelin

Howler

Discus

Hammer

Object	Length

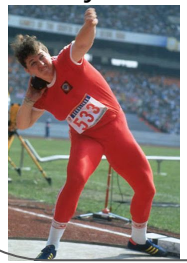
Athletics & Maths (7-11)

Measure different objects in your house or find out the length of different things. Work out how many of each object you would need to make up the World Record for Javelin and Shot Put

World Records

98.48m men's javelin record held by Jan ŽELEZNÝ

22.63m women's shot put world record held by Natalia LISOVSKAYA



A Double decker bus = 12m in length

How many double decker buses would make up the women's shot put record?

22.63m ÷ 12m = 1.89

Athletics & Science (5-7)

Objects can be made from different materials. Can you identify which material each of these objects are made from. Can you find other objects made from the same material?

Object	Material	Other objects made from same material
		
Discus 		
Hammer 		
		

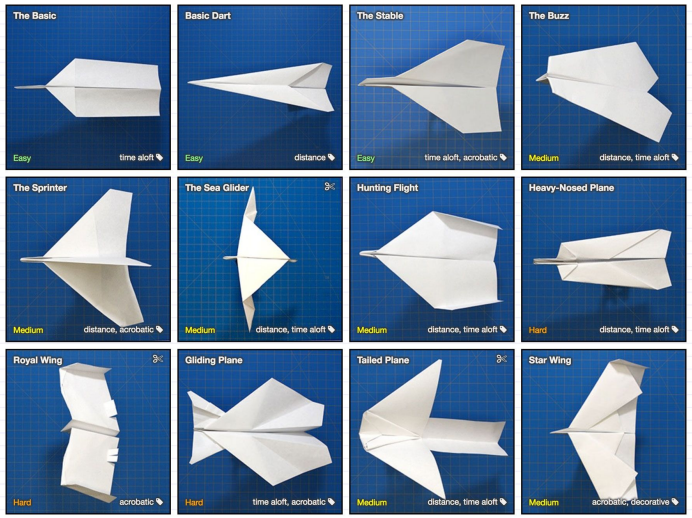
Athletics & Science (7-11)

Conduct an experiment into which type of paper aeroplane will fly over the greatest distance.

Paper Areoplane Types

Choose which ones you will test

https://www.foldnfly.com/#/1-1-1-1-1-1-1-1-2



Prediction

Results

Conclusion

Athletics & Art

Create a poster to advertise sports day

This could be a virtual sports day or at school
Include the day, time, events happening

Or

Create a coaching card for pull throw

What are the key points for a pull throw
Include diagrams