

## PE Week 5 Challenge 2

If you have any queries about PE, please email :

[P.mccalister.st@bmsweb.co.uk](mailto:P.mccalister.st@bmsweb.co.uk)

### Throwing

Please use the diagrams below to help with your throwing action. Obviously you are not expected to get a javelin out and start throwing it around your garden or local park! Instead look at the thrower's technique and body position, which enables him to throw a good distance.

Where it says in pairs – try and video yourself throwing and then you can look back and see if your technique matches the ideas in the pictures.

You can set up a target practice where you have to land the item in or hit an item. Alternatively, you could try to throw the item as far as possible. Remember to try to use the correct technique.

#### Modelling and Mimicking

Think of someone who can throw an object far (ball or bean bag) using a pulling (overarm throw) action.

- In pairs or small groups show each other how you think you should move your body to pull throw an object so it travels far.
- Discuss which movements looked the best and why.
- Practise using these movements and see if you feel you can throw further.
- Share with your teacher and the rest of the class, which movement you think was the best and why.



#### Using Your Body

How do you use your body when throwing? (You can watch a partner or other class mates to see how they use their body when throwing).

- Do you keep your body nice and tall when throwing?
- Do you lean your body forwards or backwards when throwing?
- Do you keep your body facing forwards or twist prior to throwing?



#### Using Your Arms

How do you use your arms when throwing an object for distance using a pull throw? (You can watch a partner or other class mates to see how they use their arms when using a pull throw).

- Should your arm be extended behind you or kept level with your body prior to throwing?
- Should you pull the object quickly or slowly?
- Should your hand be above or below shoulder height when throwing?



#### Using Your Legs

How do you use your legs when throwing for distance (using a pull throw)?

- Do you keep your feet side by side or step into the throw?
- What moves first your legs or your arms?



**Javelin held back with extended arm and palm facing upwards**



**Start movement by rocking back onto the back leg, then moving forwards**



**The elbow remains above the shoulder when performing the throw**



**Stand side on, feet shoulder width apart, left foot in front and pointing forwards**

**Back foot is facing towards 1 o'clock on a clock face**

**The legs move before the arms**

If you are finding that too easy then you can introduce a run up. Please follow the steps in the diagram for support.

**Legs should always cross in front of the body, NOT behind**

**Rotate the right hip and knee forwards prior to left foot planting on final step**

**Release javelin fast at roughly a 45° angle**



**The three-stride approach pattern is: left foot, right foot, left foot, throw**

**Drive the hip forward fast**

**Keep shoulder and arm back until legs and hips have worked**