

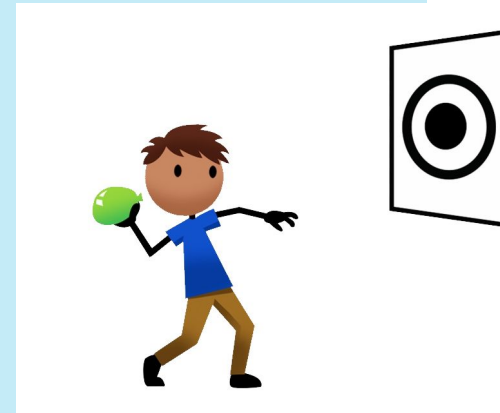
Athletics: Throwing for Accuracy

Resources

TOPs card - Throwing for Accuracy

Elevating Athletics - Feed the animals & Rainbow Throw

Personal Challenge 13 - Target Throw



Athletics: Throwing for Accuracy

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 spot, flying birds running on the spot using arms to show flying actions Show 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 over a target line 2m away	Practice throwing different size balls/objects over arm and underarm to a box target 3-5m away	To familiarise pupils with different different throwing actions. To develop understanding of how different objects travel
Throwing for accuracy Challenge Activity (Tops Card)	Set out 3 targets (1m, 2m, 3m away from throwing line). Can you throw an object into each target?	Set out 3 targets (2m, 3m & 5m away from throwing line). Can you throw an object into each target throwing underarm? Can you throw an object into each target throwing overarm?	To develop different throwing actions To identify the best throwing action for accuracy

Athletics: Throwing for Accuracy

Lesson Focus and Cross- curricular ideas	Activity 5-7	Activity 7-11	Objectives
	<p>Each target is 1 point. How many points can you score?</p> <p>Can you complete the Target throw personal challenge?</p>	<p>Decide points for each target (e.g. 5,10,15). How many points can you score?</p> <p>Can you complete the target throw personal challenge?</p>	To develop throwing accuracy under pressure
Feed the Animals / Rainbow Throw	<p>Put pictures of animals on a wall at different heights. Can you feed the hungry animals by throwing an object towards them? Can you throw using under arm? Can you throw using over arm? Stand with the opposite foot to your throwing arm forward</p>	<p>Put coloured paper on a wall above head height. Start 2m away can you hit all the colours of the rainbow? Repeat standing 3m, 4m, 5m away. Can you use a one handed push throw? Can you use your opposite hand? Try stepping into your throw</p>	<p>To develop throwing action</p> <p>To focus on having opposite foot forward and moving weight from back to front when throwing</p>
Question	<p>Which of your ABC's (agility, balance & coordination) have you been working on most?</p>	<p>Which other sporting activities do you need throwing for accuracy?</p>	To understand how the skill links to other activities.
Cool Down	<p>Walking, can you make different size circles with your arms, finish with slow big circles</p> <p>Show some body stretches.</p>	<p>Jogging with swimming arms slowing to walking with slow motion swimming arms</p> <p>Can students suggest any stretches?</p>	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	Can you think of different words that use the th for throw sound and a for accuracy sound?	Create your own throwing game similar to the ones suggested. Can you write a set of instructions for how to set up and play the game?
Mathematics	Number bonds to 10. Which target would I need to throw a beanbag into to score 10?	How many different ways can you achieve a set score on the throwing challenge game?
ICT	Watch a video of different Olympic throwing events (shot putt, discus, javelin & hammer) can you spot any differences in them?	Research an athlete that performs in a throwing event. Create a fact file about them and their achievements
Design & Technology	Make different objects to throw	Make different objects to throw - can you make something heavy, something light, something flat?

Athletics & English (5-7)

Can you think of different words that use the th for throw and a for accuracy sound?

th

a

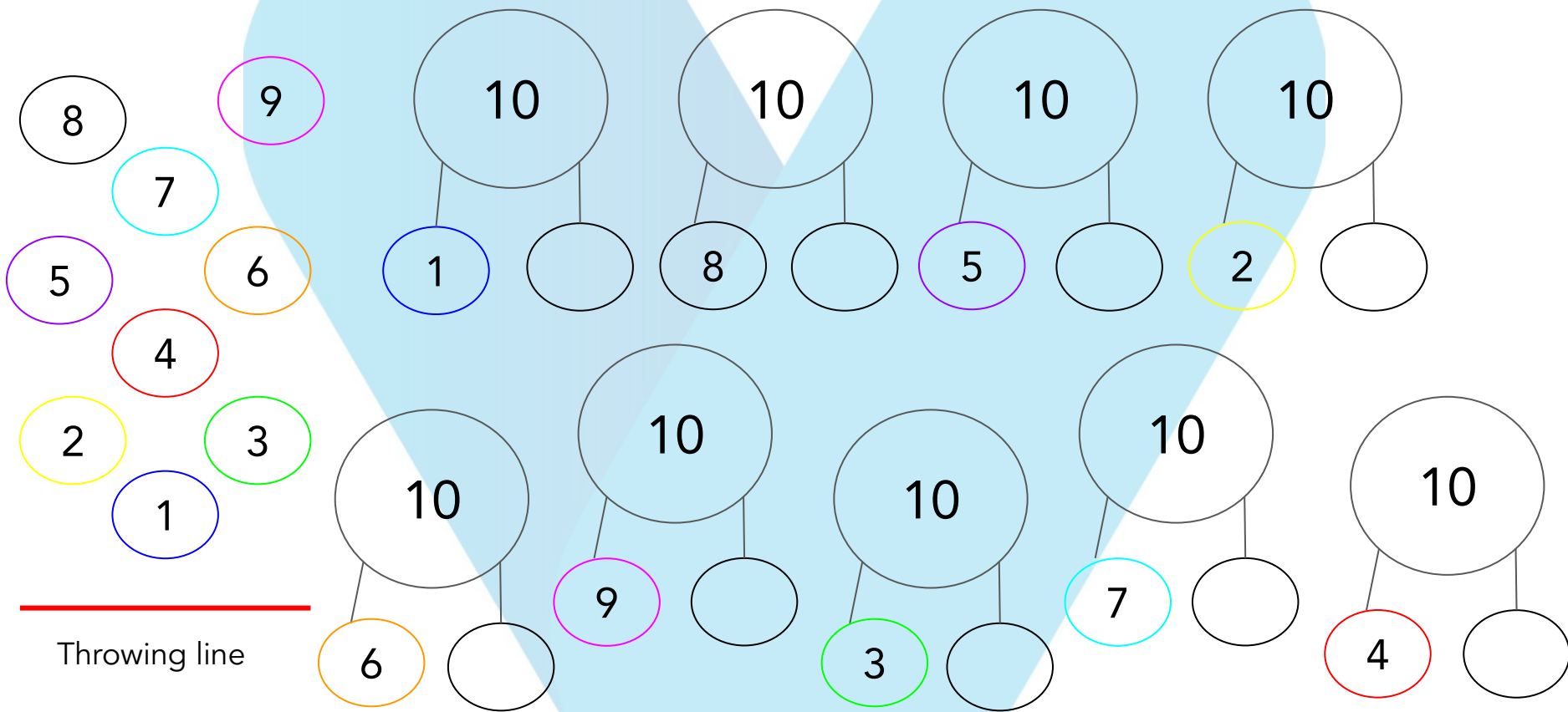
Athletics & English (7-11)

Create your own throwing game, remember to focus on throwing accuracy. Write a set of instructions on how to set up the game and play it. You will need to include an equipment list and might want to add a diagram

Equipment

Instructions

Diagram



Athletics & Maths (7-11)

Write down the different combinations you could score in the throwing game to make each of the totals

25

50

100

150

250

25

20

15

10

5

1

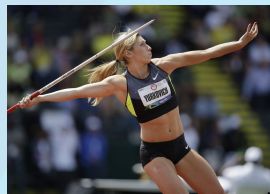
What is the highest score I can get from 5 throws?

What is the highest score I can get from 5 throws if I can only score in each target once?

Athletics & ICT (5-7)

There are 4 different Olympic throwing events: shot put, javelin, discus & hammer. Watch a video of them. Can you spot any things that are the same and any things that are different?

Same



Different

Athletics & ICT (7-11)

Research an athlete that performs in an Olympic Throwing event. Create a fact file about them including their achievements in the sport

Personal Information

Sporting Achievements

Action Shots

Interesting Facts

Athletics & Design & Technology

5 - 7 Task	7 - 11 Task
<p>Using things you can find around the house or outside can you make a new object to throw?</p> <p>Test it out, how well does it fly? Can you play some of the throwing games with it?</p>	<p>Using things you can find around the house or outside can you make some new object to throw?</p> <p>Can you make something heavy? Can you make something light? Can you make something flat?</p> <p>Test them out, how well does it fly? Can you play some of the throwing games with it?</p>