

Javelin Practices

A Teaching Resource



Running activities with and without the Javelin:

- At a steady speed
- With acceleration
- Sideways
- With repeated crossovers
- Crossovers mixed with normal running
- With repeated withdrawals
- Over low obstacles or spot mats between each stride (without Javelin)

Throwing activities without the Javelin:

- Medicine ball or basketball overhead pass, chest pass, overhead bounce pass etc:
- Overarm throw, throw over (similar to the bowling action in cricket), slinging action throws etc: for distance for height or at a target.
- Bungee work or using a partner to get the arm coming over the shoulder rather than around the side.
- Standing, walking, jogging, full paced and full action throwing with an imaginary Javelin.

Throwing activities with the Javelin:

- Standing, walking, jogging, full paced and full action throwing
- Spearing the ground, imagining spearing fish.
- Throwing the Javelin flat and then at 45° to compare the differences in trajectory and how the Javelin lands.
- Throwing the Javelin through an imaginary suspended hoop.
- Competition against oneself using cones to measure your best throw and trying to beat it, or having one cone at your starting throw at the beginning of the lesson and one at your last throw at the end of the lesson to see how you have improved.

Run up/Approach activities with or without Javelin:

- Cross over and then throw.
- One step, cross over throw.
- Three steps, cross over throw.
- Place a cone where the cross over takes place and aim to kick it out of the way with the side of your foot. This discourages the 'steeping into the bucket action'. (without Javelin)

Safety: Ensure that all pupils are aware of how and when to throw and retrieve their Javelin. Ensure that all pupils have a designated area in which to throw, and are all throwing in the same direction. Partners must have a designated safe distance to wait indicated with a cone.

