**Title: Shot Put, Athletics**  
  
**Type: CLIL, introduction,**   
  
**Lesson Goal: Introduction with Shot Put and getting acquainted with the specific words in athletics**



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| **Instruction** | **Differentiation options** | **Extra info** |
| 1. List of nouns/verbs: Pair up students and have them standing opposite one another about 10 metres apart with all students on the same line at either end. Using a medicine ball or other sport ball, you have to shout words you will use with the shot put. The students are on their knees, keep your elbow in front, and throw the ball (TEACHER DEMO) Shout words like; ball, fingers, throw, release, aim etc. After 5 minutes write down all the words on your mini-whiteboard. Compare your words with another pair and add words you are missing. 2. Card sort: On the pitch you can find a picture under every cone. With your group you will get an envelope with matching slips of paper. Make a group of 3 people and ask for an envelope. Go and stand by a big cone. One person runs and gets a picture, after(upon) returning, the other person starts to run. When you have all the pictures match a with a picture. (TEACHER DEMO) 3. When you are done, one of the students runs to the teacher. Place the pictures in the right order of the shot put. 4. At your starting cone you will get one shot per group. One will be the thrower and one is the coach. Try to follow the pictures and execute the exercise. Rotate with the next person in line, coach will now be the thrower and the next one will be the coach, etc. Good luck! (TEACHER DEMO) | Use light balls or heavy ball  Make the distance smaller or bigger than 10 metres  You can demo a perfect example or let them explore with the pictures and text | Equipment • medicine ball or other sport ball  Card sort: There are 9 pictures. To multiply by your number of groups.  If you make three line of different colors (cone), for example red, yellow and blue line each 5 metre distance. Students can estimate their throwing distance. |
| **Field set-up:** | | |
| **Link to support/assessment document** | | |

**Additional pages if necessary:** *Pictures and phrases on the slips of paper are below (in the right order)*

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Afbeelding met tekening

Automatisch gegenereerde beschrijving

Afbeelding met tekening

Automatisch gegenereerde beschrijving

Afbeelding met tekst

Automatisch gegenereerde beschrijving

Afbeelding met tekening

Automatisch gegenereerde beschrijving

Afbeelding met spel

Automatisch gegenereerde beschrijving

Afbeelding met spel

Automatisch gegenereerde beschrijving

Afbeelding met tekst, kaart

Automatisch gegenereerde beschrijving

Slips of paper in envelop

**Get on the mark**

**Step back with your dominant foot.** If you are right-footed you step back with your right foot.

**Lower your body by bending your hips and knees.** This will also help you to gain momentum as you throw. Keep your non-throwing arm low.

**Place the shot at the base of your fingers in your dominant hand.** You don’t want to hold the shot in your palm, but rather at the base of your fingers, with your fingers slightly spread apart. This allows you to flick the ball off your hand. Bend your hand back in a cocked position. Imagine that you are balancing a tray or pizza box. Your hand should be steady, but not over-extended, as this may cause an injury.

**Hold the shot at your neck, right by the jaw line.** Make sure that your elbow is bent and parallel to the floor. Your thumb should point down toward your collarbone, and you should point your palm in the direction that you are throwing. Keep your eyes and head back, rather than focused on the shot (instead of focusing on the shot).

**Explode up into a standing position.** You should twist your body to the same side as your throwing hand as you rise, so that you are facing the target when you release the shot.

**Use your entire body weight to throw the shot.** Extend your arm to its full length while pivoting your hips to face forward

**Push the shot away from your neck in one fluid motion.** Try to release the shot at a 45 degree angle. Make sure that you wait to release the shot put until your arm is fully extended. You may flick your wrist to add more momentum, but be careful not to overdo it.