Year 1 Javelin throw

Aim/goal

*Acquaintance with the technique of a javelin*

*Getting to know the grip and aim*

1. Fill in blanks
2. Revision form use with another pair
3. Throw noughts and crosses with two pairs. With your group of four you will play on a small grid. Use mini white boards for the actual nights and crosses.
4. With your pair connect the picture with the right phrase

<https://www.worldathletics.org/disciplines/throws/javelin-throw>

(vocabulary aid for lesson)

# Revison form

The current men's world record(as of 2017) is held by Jan Železný at 98.48 m (1996); Barbora Špotáková holds the women's world record at 72.28 m (2008).

The javelin in front of you weighs 600 grams.

Make an “okay movement” with your fingers. You need to make the correct movement with your fingers, not a thumb's up! Instead, your thumb has to touch your index finger to get the right grip on the javelin. The javelin has a metal tip, which you always point towards the ground if you are not using it. Some rope circles the middle of the javelin. Grab hold of the javelin just above the rope, using that circled movement with your thumb and index finger which I showed before. Once you have this, wrap the rest of your fingers around the rope as well. Hold on tight!

When you aim at a target, you hold the javelin up next to your ear, the way you would your smartphone. Never throw or point a javelin in front of you, unless the teacher gives you a command to do so! Point your elbow forwards. Look at your target and stretch your arm. Let go of the javelin once your arm is in position above your head, and hold your hand a few seconds, pointing towards your target.

# Javelin

The current men's \_\_\_ \_\_\_\_\_(as of 2017) is held by Jan Železný at 98.48 m (1996); Barbora Špotáková holds the women's world record at 72.28 m (2008).

The \_\_\_\_\_\_ in front of you weighs 600 grams.

Make an “okay movement” with your \_\_\_\_\_. You need to make the correct movement with your fingers, not a thumb's \_\_\_! Instead, your thumb has to touch your \_\_\_\_ finger to get the right \_\_\_\_ on the javelin. The javelin has a metal \_\_\_, which you always point towards the ground if you are not using it. Some rope circles the middle of the javelin. \_\_\_ hold of the javelin just above the \_\_\_\_, using that \_\_\_\_\_ movement with your \_\_\_\_\_ and index finger which I showed before. Once you have this, \_\_\_\_ the rest of your fingers around the rope as well. Hold on \_\_\_\_!

When you \_\_\_\_ at a target, you hold the javelin up next to your \_\_\_, the way you would your smartphone. Never throw or \_\_\_\_ a javelin in front of you, unless the teacher gives you a \_\_\_\_\_\_\_\_ to do so! Point your \_\_\_\_\_ forwards. Look at your target and \_\_\_\_\_\_ your arm. Let go of the javelin once your arm is in position above your head, and hold your \_\_\_\_ a few seconds, pointing \_\_\_\_\_\_ your target.

Lesson 2

<https://www.tutorialspoint.com/javelin_throw/javelin_throw_quick_guide.htm>

Aim/Goal

Learning the technique of the One - Step Throw

Getting used to the words that are used with the Javelin throw

1. Warm-up with envelop run. Divide your class in four groups with cones. Each group runs individually 20 m to get a slip (piece of paper) from an envelop across them. Order the slip from 1-6 with your group.
2. Revision: swap answers with 1-2 and 3-4. Answer can be given by a student of different groups.
3. Guess and Mime: Put the slips back in the envelop. The estafette starts again, but now your group has to guess what you are miming. Run towards the envelop again and get a slip. Run back and mime the phrase. Once it is guessed the next one runs. (TEACHER DEMO)
4. With your group you have to aim for a target in the pitch. Four every group there is target made of cones. You get two javelins with your group. There is on student-teacher for every round standing on the side of two students holding the javelin. The student- teacher gives the command: READY, SET, THROW. The teacher gives the command when you can get the javelin back for the next group. FETCH YOUR JAVELIN!

Slips

Hold the javelin at a height above your head firmly and position it parallel to the ground.

Put your both feet tightly close to each other, facing them in the direction of the throw.

Put the palm under the javelin.

Pull the javelin back with your shoulder as far as possible. However the position of the javelin should be still parallel to the ground and facing straight towards the direction of throw. This position is popularly known as **T** position.

If you are a right handed thrower, then step forward with your left foot and throw it violently in the forward direction.

Without pulling down towards the shoulders, the throwing hand position should be kept high throughout the throw.