

I CAN Run, Jump, Throw, Wheel - Lesson # 7 of 10

Intermediate (Learn to Train Throwing)

Introduction

In this lesson, will be introducing Shot Put Technique. If you were planning on hosting an Outdoor I Can Run, Jump Throw, Wheel Games at the end of this unit would typically take place in a Field or other Outdoor space between April and June while there is snow on the ground.

Warm Up

Activity: Shuttle Relay

Equipment: 1-2 Balls (Rhino balls, Basketballs or any ball that can bounce)

Organization: Divide the class up into 2 teams. Half of each team faces the rest of their team approximately ~10m-20m away from each other. Then have them push pass the ball and run to the back of the line they passed to. Continue this until all participants have gone twice.

Learning Activities/Skill Development

Activity: Shot Putt Intro

Equipment: shot put if outdoors. Indoors can use indoor plastic shot put or bean bags, hula hoops, 5 pylons.

Organization: Let the students know that this activity is to teach the movements. Set up a throw line the students are not allowed to cross unless the instructor has indicated to retrieve the throwing implement either with a whistle or the “retrieve” command. Set up a few hula hoops for the students to practice aiming at. The instructor will give three commands “ready” where the students will get into the starting position. “Aim” where the students will take aim at their target and “throw or fire” where the student will commence a shot put action.

Starting position:

Instruct the students to face sideways to the direction of the throw with a bean bag held against the neck, elbow up and out to the side. The throwing arm should be further away from the throwing area. The opposite arm is extended at shoulder height in the direction of the throw. The feet are slightly more than shoulder width apart, with the heel of the back foot lined up with the toe of the front foot in the direction of the intended throw.

Arm Motion:

Start practicing the putt action by having the students keep their elbows up and push the shot put or bean bag toward the target. The arm will stay high and when the arm finishes its extension flick the hand away from the body. The opposite arm will bend and the elbow will stay high as it pulls back behind the body. The upper body should twist and the hips should open up.

Activity: Tic-Tac-Toe

Equipment: 4 Skipping Ropes or 9 hoops, 2 pylons, 1 bean bag per student

Organization: Set the skipping ropes up in tic-tac-toe grid or the hoops in a 3X3 square. Set the pylons an equal distance from the tic-tac-toe playing area (~3-5m would be ideal. Shorter is better). Divide the students up into two teams. Each team will line up behind one pylon and each student takes a turn shot putting the bean bag into the playing area. The team who can get three in a row first wins. Play until every student has a chance to shot put at least 3 times. The bean bag that land in the playing area only counts if the student uses the proper for that was taught.

Conclusion: Discuss with the class why the starting position is key to any throw? How does the foot position help you open up your upper body for the throw?