

I CAN Run, Jump, Throw, Wheel - Lesson # 8 of 10

Intermediate (Learn to Train Throwing)

Introduction

In this lesson, will be practicing introducing the Javelin 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: D-Ball

Equipment: 6 nerf balls, 30 small pylons

Organization: Separate the students into 2 teams. The centre line of the gym in 2. Each team gets half the gym, at the back of each half, set up pylons ~3m apart from the wall, this is the jail. Each team gets 3 large nerf balls to start, Students must use an overhand throw to get their opponents out, hitting them only below the waist. Once they are tagged with the ball, the go to the other teams jail, where they can continue to tag their opponents with the balls that come into the jail area. The goal of the game is to get all the players on the opposing team out.

Learning Activities/Skill Development

Activity: Javelin Intro

Equipment: Turbo Javelins, 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 hole 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 the overhead throwing action.

To grip the javelin pinch the shaft above the grip place the middle finger and the thumb across from each other. Relax the other fingers and the heel of the hand on the shaft.

Have the students line up on throw line with their feet together, facing forward. With their throwing arm extended above the head and the elbow slightly bent pointed toward the throwing area. On the commands have the students take aim at a target in front of them and practice 3 throws each.

Next, review the power stance with the students but have them extend their arm behind them with the javelin pointed at the target. When the when the students bring the arm forward they bend the elbow and bring the elbow to the front pointing at the target. Then extend the arm and flick the wrist and fingers forward. Have the students follow the commands and practice 5 throws.

Activity: Throw on a rope relay

Equipment: 4 skipping ropes, 4 batons, 1-2 badminton or volleyball poles

Organization: Divide the students into 4 teams. Using the baton on a rope each team ties one end of their rope to a badminton pole or volleyball pole and assigns a student to hold the other end at head height, Assemble team members behind the student holding the top. The first person throws the baton to the end of the room runs around the pole at the end of the rope , throws the baton back to the team runs back to the team and tags the next member, returning to the end of the tram line up. Repeat until the last person throw.

This can be varied by using the non-dominant hands or from a kneeling or sitting position.

Conclusion: Discuss with the class why body alignment might be important in an event like the Javelin? What happens if you flip your wrist too far forward, twist the wrist to the right or left or if you do not flick the wrist and fingers at the end?