

# I CAN Run, Jump, Throw, Wheel - Lesson # 9 of 10

## Intermediate (Learn to Train Throwing)

### Introduction

In this lesson, will be introducing the Discus Technique. If you were planning on hosting an indoor Run, Jump Throw, Wheel Games at the end of this unit would typically take place in a gymnasium or other indoor space between November and April while there is snow on the ground.

### Warm Up

#### **Activity: T-Ball Relay**

#### **Equipment: 1 medium - large size pylon and 1 volleyball per team**

**Organization:** Set up relay teams of 4-8 students in lines facing one end of the playing area, A volleyball is placed on top of a pylon in front of the lines. On the start command the first runner in line hits the volleyball off the pylon with a side (fling) arm movement, They retrieve the ball, touch the wall with the ball, sprint back place the ball back on top of the pylon and return to the end of the line, next in Line repeats the sequence until all the students have had a chance.

### Learning Activities/Skill Development

#### **Activity: Discus Intro**

#### **Equipment: Discus or a flat discus like object (frisbee)**

#### **Organization:**

1. Show the correct discus grip - fingers spread last knuckle curled around edge of discus with the thumb resting on top.
2. Rolling the disco - in pairs standing facing each other on lines about 5m apart - roll the discus off the forefinger towards the partner using the correct discus rolling on its edge. Then the partner rolls it back.
3. Discus arm swing- students are arranged in pairs standing on lines 3m apart and 3m between each student: stand facing at right angle to the line away from the partner with feet apart, hold the discus using the discus grip and sweep the discus at shoulder height backwards - as the maximum sweep back is reached sweep the discus forward (the free hand can be used to support the discus at maximum forward sweep) and then backwards again t3 times - give discus to partner for three swings and repeat 3 more times.
4. Discus throws - Use safe throwing positions - Use the same lines and same position, Begin at the far-right station. Using the proper power stance (standing sideway with the feet slightly wider than shoulder width apart. The back foot heel should line up with the front foot toe to the target area) each student will practice (one at a time) sweeping the discus backhand then sweeping the discus forward and releasing it off the forefinger.
5. When one student finished throwing he/she steps back 3m into the waiting area and the next in line retrieves the discs and steps into the station to throw.

**Safe throwing position:** Create a square with throwing points on each corner and the waiting position in the middle. The throwing person will aim kitty corner away from the group.

**Activity: Hoop Golf / Texas Scramble**

**Equipment: 1 hula hoop per student or team of students, 10 pylons**

**Organization:** Set up a Course of 9 pylons similar to a golf course (outside is perfect but inside a gym, hallway or stage area are also good places). From a designated starting point (the Tee), students try and fling a hula hoop over the pylon in as least tries as they can as they can. Once successful they go on to the next hole, be critic and assign a “par” for each hole.

You can also team the students up and they can each take a turn trying o get their hoop to the target. After one student throws the hoop the next person takes their turn from where the hoop landed.

**Conclusion:** Ask the class what the similarities between the shot put and the discuss are? Discuss some of the differences between the two throws and why the discuss would travel farther than the shot putt. Review the release from the hand. Remember the discus should come off the index finger.