# Year 1 - Athletics - Throwing For Distance

**Learning objective:**
- To be able to use different ways of throwing (all)
- To be able to throw using the correct technique (most)
- To be able to throw for height and distance (some)

## Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm-up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Explore Different Ways Of Throwing</strong></td>
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<tr>
<td>Place hoops at one side of your area and three cones at staggered distances from the hoops. Place students into groups, and send groups with a range of different pieces of equipment to a set of cones and hoops.</td>
<td></td>
<td><strong>Coaching Tips</strong></td>
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<tr>
<td>Get Students to take it in turns at trying to throw the different pieces of equipment into the hoops</td>
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<td>- Everyone in a group should throw before anyone goes to collect the equipment.</td>
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<tr>
<td>- Two hands, Right/left hand, underarm, Over arm.</td>
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<td><strong>What works best for distance, accuracy?</strong></td>
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<tr>
<td>- One handed.</td>
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<td><strong>How could we get more power in our throw, and be more accurate?</strong></td>
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<tr>
<td>- Kneeling.</td>
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<tr>
<td>- Standing on one leg.</td>
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</tbody>
</table>

*Sportshall Athletics Foam Javelin Throw Video*
**Practice Makes Perfect**

Have another go at throwing items at the hoops. Use tennis balls/vortex/quoits/beanbags.

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**Mini Competition**

Make small groups of each child with a ball or beanbag. Children take it in turns to aim at their hoop. Once everyone has been, the team must be sitting down, in a straight line with their hands in the air. The team with the most objects in hoop wins.

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**Plenary**

Discuss the best way for standing to throw for accuracy and distance.

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**Support**

- Get Students to throw from the closer cones
- Help position students into a good throwing stance
- Demonstrate a good throw with the student copying you.

**Extension**

- Encourage students to throw from further away
- Aim to get the object into the back of the hoop
- Use heavier/larger balls/objects (Netball, basketball, soft shot putt)

*What happened when you pushed up with your legs before throwing your object?*

*Were your arms pointed to make the object to go as far as possible?*

**Support**

- Give students items that do not move as much when they land.

**Extension**

- Give students items that bounce and move a lot.

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