**Year 7-9 Athletics**

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| **Discus** |

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|  | **Unit aim** | To become more confident and competent when performing the techniques required to be a successful triple Discus thrower. | | |
| **Lesson outcomes** | Demonstrate the basic stationary discus technique using the correct grip. | Demonstrate how to perform throw using motion | Demonstrate how to perform an accurate throw using power from the turn and also introducing a “low to high” technique |

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| **Do now** | What are the key phases of a basic throw? | | How should you correctly grip the discus? | | | How can you create power in a throw? | | **Core Knowledge gained in this lesson** |
| **Teacher exposition**  **(I do)** | **General points**   * Hold discus on tips of fingers * L shape with feet * Create momentum with throwing arm * Weight transferred from back foot to front foot * Release before 12 o clock   **See AVIVA athletics pack for images and breakdown of technique in staff files** | | | | | | | Students will know…  *(taken from elevating athletics athlete pathway)*  **Year 7**   1. How to hold the Discus correctly 2. How to complete a basic standing throw   **Year 8**   1. How to create power and momentum for a throw   **Year 9**   1. How to further develop motion to create further power in a throw |
| Further depth :  [M:\PE\PE Resources\PE Resources\Athletics\Throwing\Discus\Howtodiscus.pdf](file:///M:\PE\PE%20Resources\PE%20Resources\Athletics\Throwing\Discus\Howtodiscus.pdf) | | | | | | |
| **Learning task (We do / you do)** | | | | | | | |
| **Year 7 – Developing the basic technique**  **Key teaching points:**  **Holding the Discus**  The thrower should hold the discus flat against the palm.  The fingers are spread evenly over the discus with the thumb flat.  The discus is held, not gripped tightly.  The first joint of the four fingers is curled over the rim.  **Structure of lesson**  Students work in pairs and take turns  Start with standing forward throw  Develop into a standing throw  Allow measuring throughout | | **Year 8 – Create motion in a throw**  **Key teaching points:**  **Standing throw**  The thrower should adopt a side-on stance with feet just over shoulder width apart.  The toe of the foot should be level with the heel of the right, which is parallel to the centre of the circle.  As the discus is swung back behind the right hip, the right leg should be bent.  The right heel should be turned outwards initiating the right leg and hip rotation.  **Structure of the lesson**  Students work in pairs and take turns  Standing throw from the start  Allow measuring throughout  **Development**  Use coaching cards found in the link below  [Athletics teaching made easy Resource.pdf](Athletics%20teaching%20made%20easy%20Resource.pdf) | | | **Year 9 - Developing motion and introduce “low to high” technique**  **Key teaching points:**  **Same as year 8**  Create more power from the throw by using body weight shift.  All weight on back foot (low) and drive through to front foot (high) to create more power and momentum.  **Structure of the lesson**  Students work in pairs and take turns  Standing throw from the start  Allow measuring throughout  **Development**  Use coaching cards found in the link below  [Athletics teaching made easy Resource.pdf](Athletics%20teaching%20made%20easy%20Resource.pdf) | | |
| **Responsive adaptations** | **Developing**  Lighter discus to allow progress  Perform from feet shoulder width and point out toward throwing area | | | **Securing**  Clear L shape with feet  Allow greater motion | | | **Mastering**  Increase weight of discus  Develop further motion and introduction of moving body weight from low to high | |
| **Progress check questions** | **Year 7**  What are the main phases of a throw?  Why is it important to transfer weight?  How do you hold the javelin correctly? | | | **Year 8**  What are the main phases of a throw?  Why is the angle of the throw important?  How would you describe to your peers the release of the discus? | | | **Year 9**  What is meant by the speed of release?  Why is the angle of the throw important?  How does more momentum develop the discus throw further? | |
| **Errors or misconceptions to look out for** | *The main run-up issues include:*  Incorrect grip used – Discus held too high in hand  Incorrect stance – feet not positioned wide enough or pointing in the right direction  Release – discus is released too early/late | | | | | | | |