**Year 7-9 Athletics**

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| **Javelin** |

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|  | **Unit aim** | To become more confident and competent when performing the techniques required to be a successful javelin thrower. | | |
| **Lesson outcomes** | How to hold and throw a javelin | How to create momentum and power in a throw | How to use speed in a run up for a succesful throw |

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| **Do now** | What are the key phrases of a basic throw? | | How do you grip and throw the javelin correctly? | | | How can you create more power in a throw? | | **Core Knowledge gained in this lesson** |
| **Teacher exposition**  **(I do)** | **General points**   * Finger and thumb general grip with javelin held within palm of the hand * L shape with feet with opposite foot forward * Power through with shoulder and hips * Allow the elbow to bend * Throw the javelin above the head and release at 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 javelin 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 use a full run up to create power and momentum in a throw |
| Further depth : | | | | | | |
| **Learning task (We do / you do)** | | | | | | | |
| **Year 7**  **Key teaching points**  **The grip:**  The grip should be firm but comfortable.  The javelin should run down the length of the palm.  The wrist should be nearest to the javelin point.  The grip is made along the rim of the binding cord and there are  two main variations:  **thumb and 1st finger**  **thumb and 2nd finger.**  The remaining fingers should be curled around the binding.  **Standing Throw:**  Throwers should stand with the feet shoulder width apart and  pointing in the direction of the throw.  The javelin should be withdrawn, keeping the palm higher than  the javelin point.  The elbow should be straight and the palm up.  Both legs should be bent and the left leg extends forward.  Turn and drive the right foot, knee and hip forward over a  straightened left leg.  After the javelin has been thrown, the right foot should replace  the left.  **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**  **Key teaching points**  **3 stride approach:**  The javelin should be held in the position as for the standing  throw.  The right leg is forward, the throwing arm back.  The participant should step onto the whole of the left foot, push  off onto the right foot, then a big extended stride onto the left -  One after the other.  The body weight should stay over the rear leg and ahead of the javelin.  **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**  **Key teaching points**  **Full approach:**  The javelin should be held horizontally over the right shoulder at head height pointing towards the direction of the throw with the throwing hand just over the right ear.  The thrower should accelerate towards the throwing area, in six to twelve controlled, relaxed and rhythmical strides.  **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 javelin to allow progress  Perform from feet shoulder width and point out toward throwing area | | | **Securing**  Clear L shape with feet  Allow walking “run up” | | | **Mastering**  Increase weight of Javelin  Develop a 5 plus step run up | |
| **Progress check questions** | **Year 7**  What are the main phases of a throw?  Why keep the elbow high when releasing the javelin?  How do you hold the javelin correctly? | | | **Year 8**  What is meant by the angle of release?  Why is it important to attempt a run up when safe to do so?  How can increasing the speed of release improve your throw? | | | **Year 9**  What is power a combination of?  How does a full run up develop the throw in Javelin?  Why is transferring weight important when throwing the javelin? | |
| **Errors or misconceptions to look out for** | Holding the javelin incorrectly – back to front, incorrect grip  Holding the grip incorrectly – not holding the javelin tight enough  Mistiming the run up – throwing off the wrong foot  Not allowing the arm to bend – using a cricket bowl | | | | | | | |