

Year 3 - Athletic Lesson 3 - Page 1

We are learning about the 'pull' throw and developing our technique.



Warm-up - Pairs throwing

- Students should find a partner and pick an object to throw between themselves.
- They should throw the said object back and forth at a short distance and then progress on longer distances.
- They could use a technique of choice to do so, for example, throw an overarm or underarm.

Activity 1 - Caterpillar hoop throw

- Students should find a partner and will each need two hoops and one beanbag.
- There should be a starting line at the side of each playing space (indoors or outdoors), and two hoops should be placed next to the other.
- One student should step into the hoop furthest away from the starting line, where their partner should be standing, ready to throw the beanbag.
- If the student in the hoop successfully catches the beanbag, they should take the empty hoop from in front of them and move it behind them.
- The 'thrower' and 'catcher' should then swap positions. The student who is now the 'catcher' should stand in the hoop that is now furthest from the starting line, and this cycle should be repeated until a group of two from the class has reached the finish line.

Rules-

1. Hoops must always be touching, with no gaps in between them.
2. A catch is only successful if the student stands with at least one foot inside the hoop.
3. Based on the students' ability, the thrown object can be altered. For example, if a student is having difficulty catching the beanbag, a giant ball could be used instead. Alternatively, if the student is at ease with the task, they could throw a bib.

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Activity 2 - Javelin throw (mark out coloured areas)

- Ample space is needed for this activity, and zones need to be marked using coloured cones, progressively further away from the point chosen as the throwing line. The coloured cones should act as a points system, 1 point for each colour.
- Students should get into groups of 2/3/4 or 5s, based on the equipment available in the class.
- In turn, students will practice throwing the javelin using the overarm technique and using different stances (sitting, kneeling, standing) and see which coloured zone they can land on.
- Each student in each group will have three turns each, recording their scores and determining who the winner is.
- Depending on the level of difficulty the students' experience, they can swap the javelin for a different object or change their stance. For example, a bean bag, if they're finding it difficult, and if someone finds the activity easy, they can go straight to the standing stance rather than sitting down or using their weaker arm.