

### Content outline

These activities focus on the technical aspects of the field event, shot put. They aim to develop the basic knowledge of how to correctly perform the technique.

- Grip
- Stance
- Follow-through



This resource and supporting video have been created by:  
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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



### Space

- If space is available, increase the distance from your target to make the task more difficult
- Decrease the distance from your target to make the task easier



### Task

- The activity can be repeated multiple times to attempt to improve starting performance
- Try to perform the technique with your non-dominant hand to create a more difficult task
- If limited space is available, can you adapt the task safely?
- Can you adapt these activities to create a competition?



### Equipment

- Use household items to act as a shot put (e.g. rolled up socks, tennis ball)
- Use household items to act as markers (e.g. Towels or spare footwear)
- Increase / decrease the weight of your item to change the difficulty of the task
- What other items can you use which have similar characteristics to a shot put?



### People

- If you have another person in your house, you may be able to coach someone else the correct Shot Put technique
- If other people are available, the task could be performed within a competition

### Learning intention

#### Physical:

- To demonstrate the correct technique for the shot put

#### Personal:

- Reflection
- Self analysis
- Review personal performance

#### Learning questions:

- Why do you need to flick your wrist on release of the shot put?
- Why do you need to start with your weight over your back leg?
- What factors influence the distance you can throw the shot put?
- What technical points can you identify for the shot put technique?
- How could you improve your technique?
- How can you increase the difficulty of these tasks?