

Content outline

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

- Grip
- Stance
- Follow-through
- Footwork



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
- If the task is completed indoors, please make sure that the item you are throwing is soft and that you move anything which could be damaged or cause harm



Task

- The activity can be repeated multiple times to attempt to improve starting performance
- Add targets to a wall (using paper) to aim for
- Can you adapt these activities to create a competition?



Equipment

- Use household items to act as a javelin (e.g. Inner tube from kitchen roll, or a tennis ball)
- Use household items to act as markers (e.g. Towels or spare footwear)
- Increase / decrease the difficulty of the task by changing the size of the targets
- Use pieces of paper to act as markers when practicing the footwork of the throw



People

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

Learning intention

Physical:

- To demonstrate the correct technique for the Javelin

Personal:

- Reflection
- Personal challenge
- Review personal performance

Learning questions:

- Where do you need to look when performing the throw?
- Where is the power for the throw generated?
- At what angle should you release the javelin?
- What technical points can you identify for the Javelin technique?
- How could you improve your technique?
- How can you increase the difficulty of these tasks?