

ATHLETICS

SHOT DISCUS JAVELIN



K S 3



MOST IMPORTANT COMPONENTS OF FITNESS

Power – throw as far as is possible.

Co-ordination – to use all of your muscles at the correct time.

SKILLS

Javelin throwing technique

Shot throwing technique

Discus throwing technique

TACTICS

Making sure you have a safe throw to score

REGULATIONS

You must follow instructions and cannot throw without a qualified member of staff present.

You must throw from the correct line.

You must throw only when the whistle is blown.

You must not go out to collect before the whistle is blown again.

You must pick the implement up carefully.

You must carry the implement carefully and place it carefully in or on the floor.

You cannot use any of the spinning techniques you see on TV without a throwing net.

RULES

For all throws:

The throw is measured to where the implement first hits the floor, you must go out of the back of the throwing circle in a competition, the implement must land inside the marked area in a competition.

Javelin – A throw counts if: the javelin lands point down.

Shot – A throw counts if: the shot stays in contact with your neck until release.