

Athletics – Throws

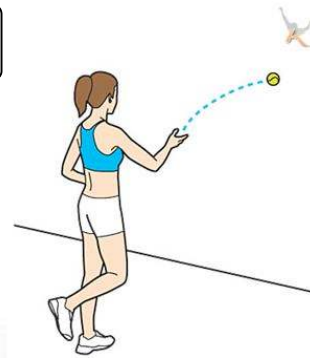
Keywords

Key Stage 1	Key Stage 2
Run up	Grip
Throw	Balance
Strength	Accuracy
Speed	Power
Timing	Flight

Can you think of any more?



Underarm



Overarm

Ball throw

- Experiment with underarm and overarm
- Use speed of movement
- Do not cross throwing line

How could you make it go further?



Hoop/Quoit toss



Quoit/Hoop throw

- Turn sideways
- Pull hoop/quoit across your body (twisting)
- Flick away from your body by UN-twisting

How could you make it go further?

Do not forget to MEASURE your distance

RECORD YOUR LEVEL

Performance	L1	Able to copy movements
	L2	Can link the skill together
	L3	Attempt correct technique for jumps
	L4	Can perform sprint start
Analysing Performance	L1	Can watch someone perform
	L2	Identify movements on performance
	L3	Able to suggest improvements
	L4	Able to compare work with others
Select and Apply	L1	Can throw a rubber ball
	L2	Can throw with degree of accuracy
	L3	Tries to use the skill in practice
	L4	Why /when to perform a skill
Health Related Fitness	L1	Explains what is exercise is.
	L2	Describes feelings during exercise.
	L3	Knows why exercise is good for us
	L4	Knows why we warm up.