

ACTIVITY: Athletics throws

INCLUSION 2024

Commonwealth Games in the Inclusive Sports Programme

BACKGROUND

- The Commonwealth Games includes both discus throw and shot put for para-athletes.
- The games and activities shown here provide lots of opportunities to recreate these events, and more, in the school setting.

WHAT YOU NEED

- Any suitable indoor or outdoor area that can be safely used for throwing activities.
- A range of lightweight throwing implements (see STEP for equipment ideas).

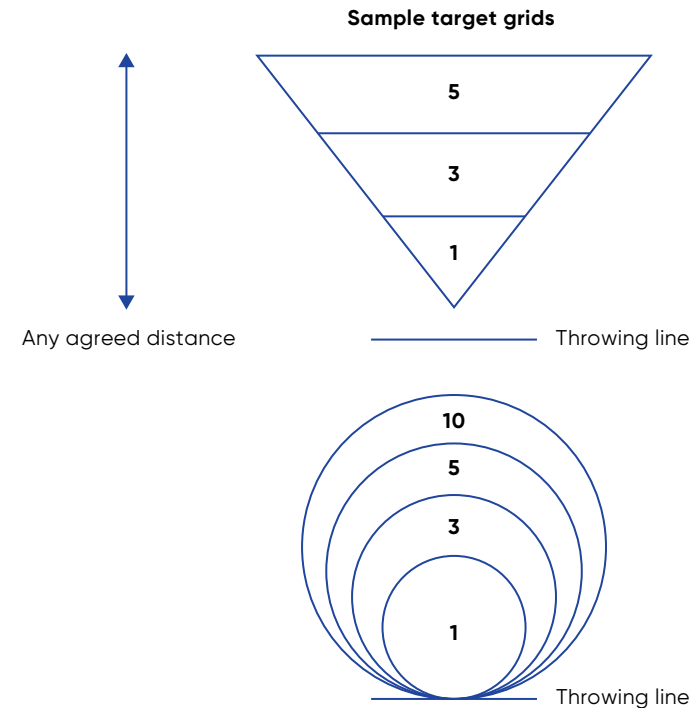
HOW TO PLAY

Discus and shot distance

- Athletes have three attempts to throw/put as far as possible from the throwing line into the target area.
- Athletes can make all three attempts together or take turns.
- Each athlete's best distance is measured; they can try to beat this next time.
- Athletes must keep behind the throwing line during attempts.

Discus and shot target

- Here the athletes try to place their chosen implement into a target grid (see examples).
- Again, three attempts, but this time the scores for each throw are added together.
- Athletes can try and beat their best total each time they play.



THINK ABOUT

Get in the best position for throwing – stable, balanced with room to move.

Use the **STEP** adaptation tool to ensure that players of all abilities can participate

SPACE

- Vary the distance to targets; not all athletes need to throw from the same line.
- The throwing area can be made wider or longer/narrower to accommodate different kinds of throw.

TASK

- Athletes can try using their non-dominant hands/arms to throw if they can. Compare distance/scores; can they get their non-dominant throws closer to the scores using their preferred arm?
- Encourage athletes to try different ways of throwing implements; for example, underarm, overarm, dart-type throw.
- In target games, athletes can try landing in each part of the grid in a specific order.

EQUIPMENT

- Provide a wide choice of throwing implements; for example, boccia balls or bean bags (shot), frisbees (discus) or any other lightweight object that can be tossed or thrown.
- Paper balls of different sizes can offer an easy-to-make option.
- A javelin throw can be recreated using foam javelins or empty plastic water bottles.
- If needed, some athletes can use an assistive device, like a chute or gutter, to send a ball – for distance or target.
- Instead of target grids (which can be marked using chalk or masking tape), try alternatives like buckets, bins, hoops on the floor or suspended, skittles or large balls.

PEOPLE

- Athletes can design their own targets and challenge each other to try them.
- Sound cues can be provided by a partner to motivate or to assist with distance and direction (for example, for a vision impaired athlete).
- A 'leader board' with athletes' distances and scores can be a motivational aid. Or mark the best distance or score so far for each event on a paper sheet or white board.



CROSS-CURRICULAR LINKS

NUMERACY

- Keeping the scores or measuring the distances achieved.
- Using the target grid (or alternative targets) to perform simple addition, subtraction, division and multiplication.

SKILL TRANSFER

- Target throws can be arranged around the playing area to create a golf course. This can be used to introduce simplified rules of golf. For example:
 - players take as few throws as possible to get round all the targets;
 - their score is cumulative; they need to add it up as they go along;
 - a 'par' score for each target can be established based on distance/difficulty; players can then try to be under par for each 'hole' and the whole round.



SAFETY

- Keep throwing activities away from windows and avoid playing near doorways where someone could walk into the target area.
- Non-throwers stay behind the thrower/throwing line.
- Make sure that all throws stop whilst implements are retrieved from the throwing area.