

Athletics Throw

Component of Fitness (F)

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|----|--------------------------|
| 1 | Maximal Strength |
| 2 | Coordination |
| 3 | Flexibility |
| 4 | Dynamic Strength |
| 5 | Muscular Endurance |
| 6 | Balance |
| 7 | Explosive Strength |
| 8 | Power |
| 9 | Speed |
| 10 | Cardiovascular Endurance |
| 11 | Agility |
| 12 | Reaction Time |
| 13 | Static Strength |



Skills (S)

| Discus | | Javelin | | Shot Putt | |
|--------|-----------------------------------|---------|---------------------------------|-----------|---|
| 1 | Demonstrate correct grip | 10 | Demonstrate correct grip | 21 | Demonstrate correct grip |
| 2 | Standing throw: Chin, knee, toe | 11 | Standing throw: Chin, knee, toe | 22 | Standing throw: Chin, knee, toe |
| 3 | Drive low to high | 12 | Drive low to high | 23 | Drive low to high |
| 4 | Angle of release | 13 | Angle of release | 24 | Angle of release |
| 5 | Arm is fast and last | 14 | Arm is fast and last | 25 | Arm is fast and last |
| 6 | Release: off index finger | 15 | Start throw with a straight arm | 26 | Push not throw |
| 7 | Release: Knuckles facing the sky | 16 | Bend arm as you throw | 27 | Elbow high |
| 8 | Release: Discus flat and spinning | 17 | Hand is high during throw | 28 | Glide across the circle |
| 9 | Spin: speed in the circle | 18 | Wrist flexes on release | 29 | Maintain low body position when gliding |
| | | 19 | Follow through on release | | |
| | | 20 | Include run up | | |

Tactics (T)

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| 1 | Make sure first throw is a legal throw and is recorded. |
| 2 | Focusing 2 nd or 3 rd throws on distance (adding spins, gliding and run up) |
| 3 | Selecting the correct type of throw (Standing, run up, glide etc) |
| 4 | Knowledge of rules (Exit out of the circle) |