

Unit Plan - Track & Field

Lesson Three- Javelin and 400m

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Footwork approach for javelin
- Throwing arm and technique
- Run continuously or as pairs for 400m
- Running technique

Cognitive:

- Understand to correctly grip and throw the javelin
- Understand how power is generated using proper technique
- How to pace yourself for shorter distances
- Monitor exertion

Affective:

- Working cooperatively as a group
- Apply **safety** principles
- Focus on personal best and improvement

Social:

- Create good class atmosphere
- Participate with a number of different partners
- Reciprocal teaching and positive/constructive feedback

Equipment:

- Javelins
- Pylons
- PB sheets
- Cones

Sequence of Events

Change:

10 minutes

Warm-up, stretch, discussion:

10 minutes

Javelin Initial Activity:
minutes

10-15

Javelin Skills Breakdown:
minutes

10

Final Throws and Record
minutes

5 - 10

400m:

15 minutes

Warm-up Routine

Two Big Pylons 40 yards apart

- Jog
- A-Style Jog
- B-Style Jog
- Heels Up
- Skip with Arm Swing
- Skip with Reverse Arm Swing

What are we trying to Achieve Today

Cues for Gripping Javelin

- Thumb parallel with the Javelin
- Index finger comes across and holds
- Other three fingers lie across
- Do not squeeze the fingers across the Javelin

Cues for Cross-Over Run

- 3 steps with a cross-over
- Plant foot is opposite of throw hand
- Lead foot same as plant foot
- Javelin goes back on start (45 degrees)
- Comes forward on the cross-over
- After release land on opposite leg

Cues for Javelin Throw

- Pull fist to shoulder, like an arm curl
- Not too aggressive, can cause over rotation
- Finish feels like smacking a wall with a hammer
- Release point is just in front of the head and lead foot
- Degree of release should be around 45 degrees

Initial Activity (10-15 minutes)

- Initial Throw - No Experience
- Everyone throws, then retrieves then switch - Demo Safety

Skill Breakdown (10 minutes for set-up)

From Knees (Shuttle)

- On knees facing forward
- Focus just on arm technique
- Arm-curl. release
- Throw to each other
- Reminder not to be too aggressive

Standing (Shuttle)

- Same as knees but incorporate cross-over step

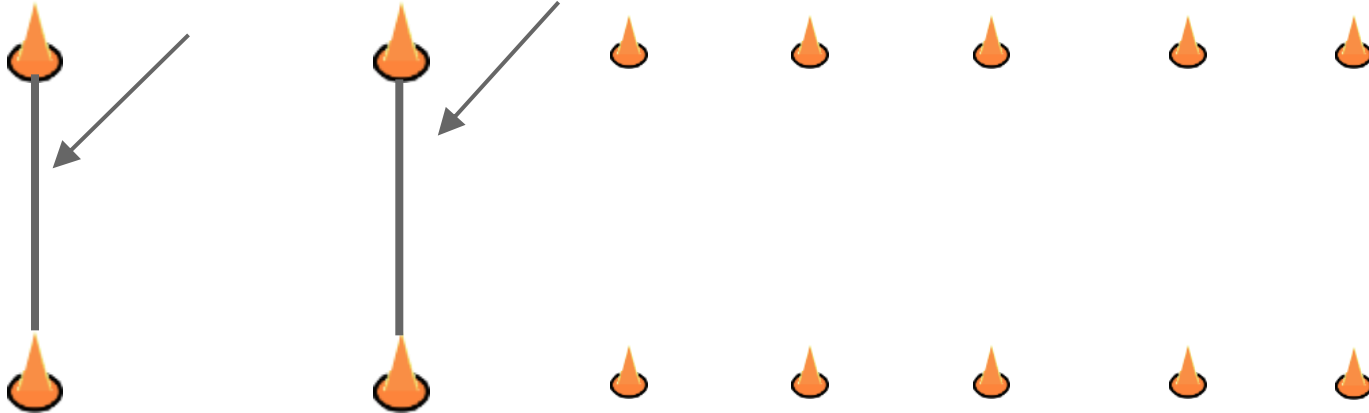
Measurement and Final Throws (5-10 mins)

Final Jump and Measure

- Throw, Measure, Retrieve, Put Down

Observers Line

Throwers Line



400 Meter (15 minutes)

Run Technique and Economy Review

- Alternating Arm Swing
 - Arms and legs swing in opposition
 - Slight forward lean and running on front portion of feet
- 400 Meter Relay
 - Teams of 2
 - Have to run 400 meters combined
 - Individual can run 200 meters straight or 100 twice

Wrap-up (15 minutes)

- Equipment retrieval by students
- Discussion Javelin and 400 meter
- Talk for next day (Shot put & 200meter/hurdles)
- See you tomorrow gentlemen

Name:

Exit Slip #2

1. What should the finish motion be like when throwing the Javelin?
2. What is the release point for the Javelin?