

Unit Plan - Track & Field

Lesson Four- Shot Put and 200m

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Footwork approach for shot put
- 'Putting' arm technique
- Run continuously or as pairs for 200m
- Running technique

Cognitive:

- Understand to correctly hold and release the shot
- 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:

- Shot Puts
- Pylons
- PB sheets
- Cones

Sequence of Events

Change:

10 minutes

Warm-up, stretch, discussion:

10 minutes

Shot Put Initial Activity:

10-15 minutes

Shot Put Skills Breakdown:

10 minutes

Final Puts and Record

5 - 10 minutes

200m:

15 minutes

Wrap-up and Change:

15 minutes

Total:

80 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
- Stretch

What are we trying to Achieve Today

Cues for Shot Put Grip

- The shot held at the base of the fingers not the palm, fingers spread
- Shot should sit on your hand under your jaw
- Lift your elbow parallel to the floor.
- Palm pointing towards your target

Cues for Shot Put Footwork

- Side ways to target
- Bend back and lean on throwing side
- Push with the legs
- Weight transferred from back to front leg

Cues for Shot Release

- Not a throw but a push!! Very Important!!!
- Keep elbow up and push out
- Elbow should stay behind the Shot
- Keep elbow, shoulder, chest and head high

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 (Tennis Balls)

- On knees facing forward
- Focus just on arm technique
- Elbow up and push
- Put to each other
- Reminder not to be too aggressive (Hyperextension of elbow)

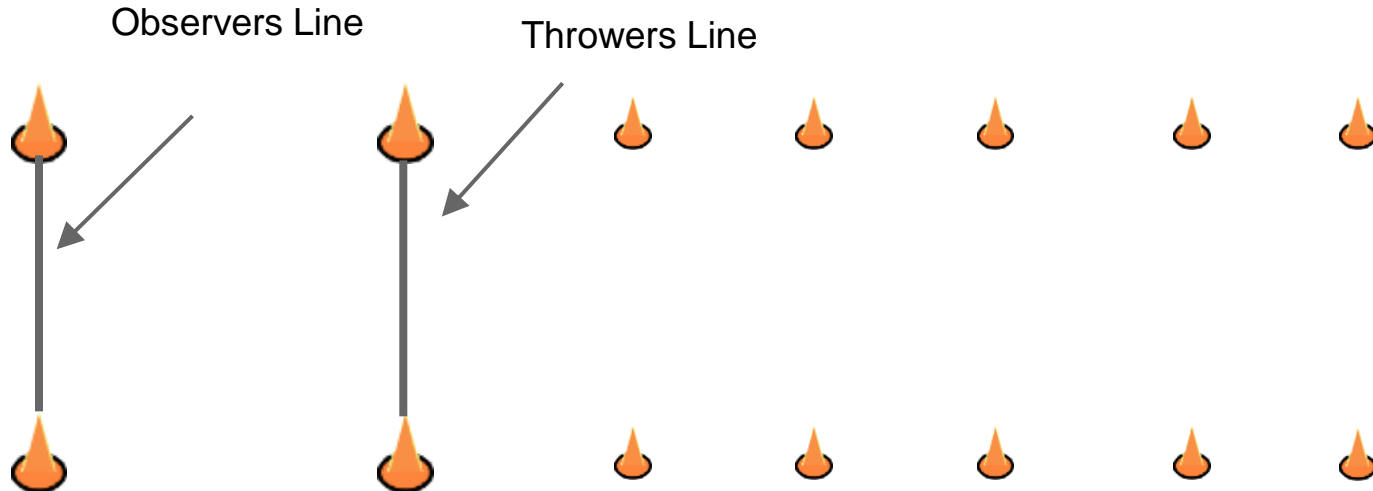
Standing (Tennis Balls)

- Same as knees but incorporate leg drive

Measurement and Final Throws (5-10 mins)

Final Throws and Measure

- Throw, Measure, Retrieve, Put Down



200 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
- 200 Meter Relay
- Teams of 2
- Have to run 400 meters combined
- Individual can run 200 meters straight or 100 twice
- Double distance so person is running 200 meters but with a short break if desired

Wrap-up (15 minutes)

- Equipment retrieval by students
- Discussion Shot Put and 200 meter
- Talk for next day (Triple Jump & 100 meter)
- See you tomorrow gentlemen