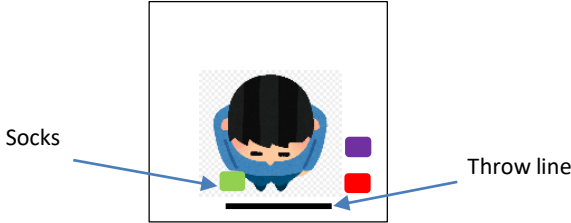

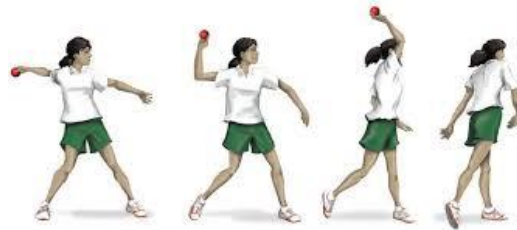


Spar Lancashire School Games PB Sports Day

Sports Day Activity 9: Distance Throw

ACTIVITY/SKILL	OVERVIEW
<p>DISTANCE THROW</p> <p>Video Demonstration</p>	<div style="text-align: center;"> <p>TOP VIEW</p>  </div> <div style="text-align: center; margin: 20px 0;">  </div> <div style="text-align: center;"> <p>SIDE VIEW</p>  </div> <div style="border: 1px solid red; padding: 10px; margin-top: 10px;"> <p>Equipment:</p> <ul style="list-style-type: none"> • 3x tennis balls or pairs of balled up socks • 3x different objects to mark where each ball hits the ground • Throw line marker – any household object </div> <div style="border: 1px solid blue; padding: 10px; margin-top: 10px;"> <p>Tips to Improve:</p> <p>Overarm throwing - Stand sideways on to the target, step forward with opposite foot/leg to throwing arm.</p> <p>Generate more power by rotating your core at the hips.</p> <p>The more speed your arm can move and the better synergy between your arm and body, the more distance you can throw.</p> <p>Aim up and out, not down at the ground, ideally approx. 45 degrees throwing angle.</p> </div> <div style="border: 1px solid green; padding: 10px; margin-top: 10px;"> <p>Set Up and Take Part:</p> <p>Set up a throw line with enough space to throw for distance (this might have to be done in a park!)</p> <p>Pick up your first ball and throw it overarm as far as you can.</p> <p>Get a parent, carer or sibling to put an object where it first hits the ground.</p> <p>Repeat, try and beat your marker, if you throw further place a new marker where the ball hits the ground.</p> <p>Take your final ball and try to beat your best throw so far. If you beat it, place a marker object where it hits the ground.</p> <p>Stride/measure the distance of your best throw.</p> <p>Challenge a parent, carer or sibling.</p> </div>