

**Grade 8**

**Health and  
Physical  
Education**

**Lesson 12  
Throwing  
events**



**12. Let us practice  
throwing events**

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We perform various throwing activities in our day-to-day life. Athletes engage in different types of throwing events.

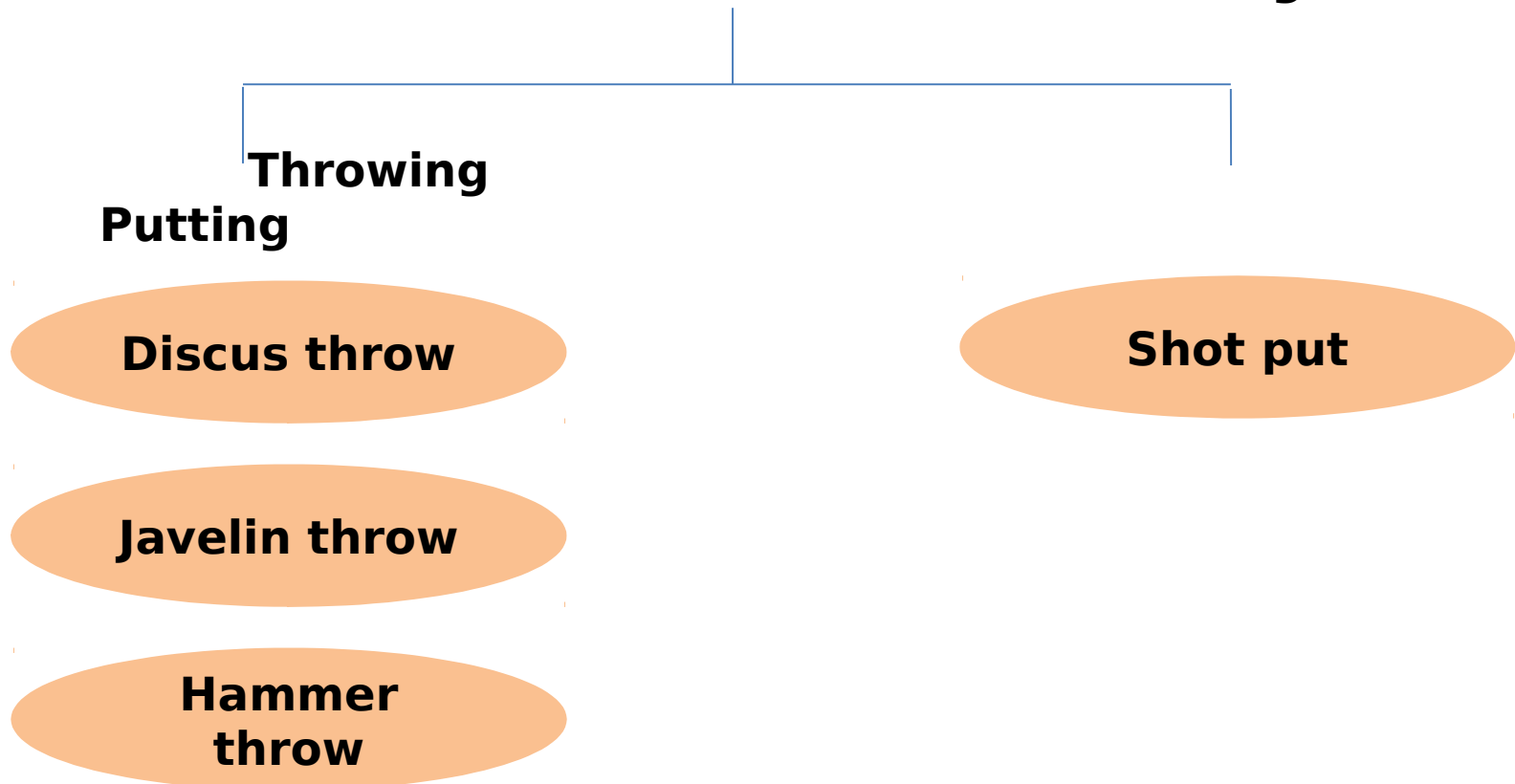
## **We must be vigilant when engage in throwing events.**

- When Carrying equipment to the play ground and taking them back from the playground should be done carefully.
- It is compulsory that throwing be done under the supervision of a teacher.
- When the equipment are thrown, nobody should be present in the front side of the thrower.
- Damaged equipment should not be used in throwing events.
- Equipment should not be kept stored in an unsafe manner so that anybody has easy access to them and take them whenever one wishes .

## Let us practice throwing events

- According to the classification of athletics, the throwing events are classified under field events.
- Hammer throwing is not done at the school level.

### Classification of throwing events



# Shot put

Skills of shot put can be displayed to the maximum by mastering strength, momentum and coordination which are the aspects of physical fitness. Out of all throwing equipment, the shot put is the heaviest.



**Holding and keeping the shot put**



When holding the shot put, it should be held at the base of the fingers so that it does not touch the palm. The thumb and the small finger should be kept as support for holding the shot put while the other fingers should be kept slightly spread

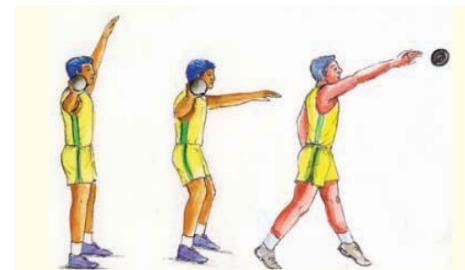
The shot put that is held firmly in this manner should be placed under the jaw and in the neck below the ear. The elbow should be raised from the side of the body forming an angle of about  $45^\circ$  with the body.

## Simple activities to practice shot put

1. Hold the shot put correctly and stand keeping your leg slightly spread apart. Throw the shot put forwards after the teacher has given a signal.



2. Stand with your feet about shoulder width apart and hold the shot put properly in your hand.



## Throwing the shot put bending in a standing position

- The shot put should be held in hand properly.
- The feet should be kept about shoulder width apart.
- Bend the knees slightly and turn the upper body clockwise.
- Turn the upper body towards the front while the legs are straightened and release the shot put from hand.



# Discus throw

Discus throw had been an event even in the first Olympic games that were held in Athens in ancient Greek. Discus throw also an event in which proper combination of strength, momentum and coordination are required as shot put.

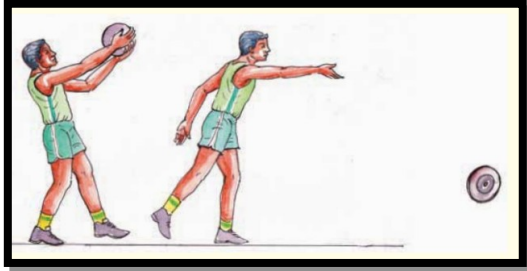
## Holding the discus



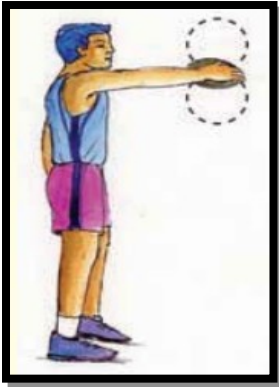
The discus is griped well with the distal phalanges and the fingers are spread apart on the rim of the discus. The thumb lies freely on the face of the discus.



## Simple activities to practice throwing the discus



Roll the discus along the ground releasing it with the index finger.



Keep the discus firmly griped in your hand and rotate the arm in the shape of an eight (8)



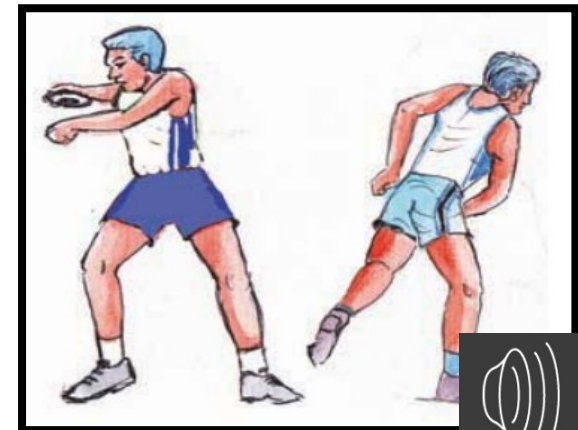
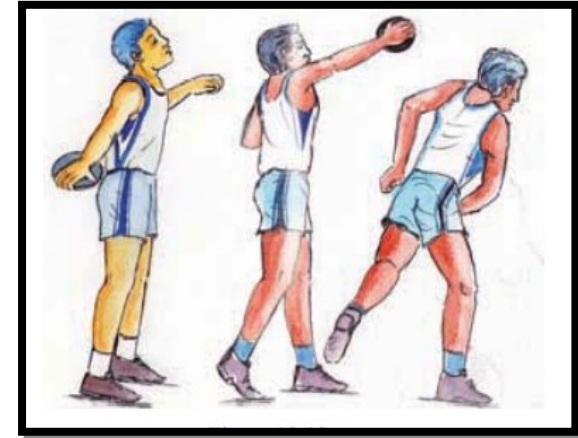
Throw the discus forward from a side of a body releasing it with in the index finger.



## Throwing the discus being in a standing position

Throwing the discus being in a standing position can be done in the following two ways.

- (i)
- When throwing with the right hand, the discus is released keeping the feet aligned with the shoulders.
  - The body balance is maintained by keeping the right foot in the front
- (ii)
- Stand with the left foot in the front.
  - Turn the body clockwise towards the back and release the discus to the front side while turning forward.
  - At the same time bring the right foot forward.





# Javelin throw

Out of throwing equipment used in athletic events, the javelin is the one with the lowest weight. Therefore the javelin is the equipment that can be thrown over the longest distance. Javelin throw is an event that involves running.

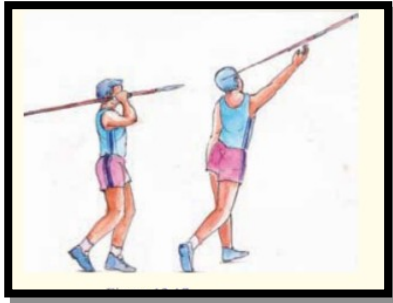


1. Gripping with the thumb and the index finger (American grip)

2. Gripping with the thumb and the middle finger (Finnish grip)



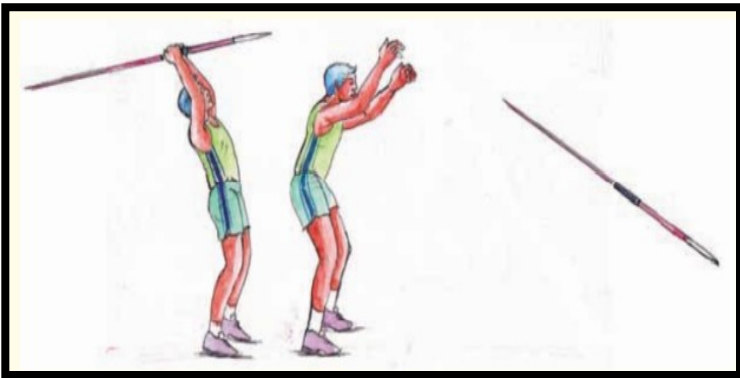
# Simple activities to practice javelin throw



Throw the javelin over a distance of about five metres.



Throw the javelin at target that has been placed in the front.

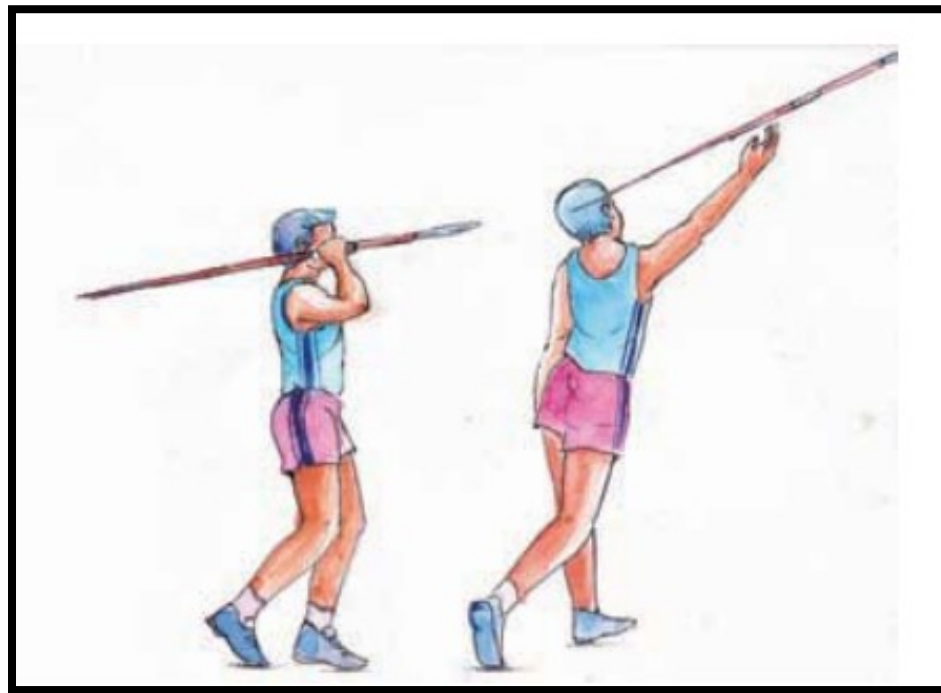


Hold the javelin with both hands. Bend the body backwards and throw the javelin very hard so that the point of the javelin hits the ground.



## Throwing the javelin in a standing position

- The thrower should stand facing the throwing direction.
- When throwing the javelin with the left hand, the right foot should be kept at the back.
- As the javelin is launched, the right foot should be brought forwards



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