

Let us practice throwing events

We perform various throwing activities in our day-to-day life. Throwing is an activity that we naturally do. You must have seen that athletes engage in different types of throwing events in which they throw some equipment from the front, from sides or from above the body. According to the classification of athletic events, there are four throwing events, namely shot put, discus throw, javelin throw and hammer throw. Out of these four events, hammer throw is not included in school athletic events.

You remember that when you were in Grade 7, you did various practice exercises which involved throwing equipment of varied weights in different directions at different targets.

In this lesson you will learn how to hold the shot put, the discus and the javelin correctly and also about activities that can be done to familiarize yourself with the equipment. Further, you will gain understanding about throwing equipment from a standing position.

Precautions that can be taken to be safe from accidents during throwing events

Throwing equipment should not be used without the presence of a teacher. Even when some equipment is thrown under the supervision of a teacher, particular care should be taken about the safety of the thrower as well of the others.

1. It is compulsory that throwing be done under the supervision of a teacher.

2. Carrying equipment into the playground and taking them back from the playground should be done carefully.
Eg: When carrying the javelin it should be held in vertical position ahead of you.
3. When some equipment is thrown, nobody should be present in the front side of the thrower.
4. The thrower should throw the equipment only after the teacher has given the signal, and the equipment should be brought back after it has landed.
5. Damaged equipment should not be used in throwing events. Such equipment can cause injuries such as cuts and bruises.
6. A location where students usually gather or move about should not be selected for throwing events.
7. Equipment should not be kept stored in an unsafe manner so that anybody has easy access to them and take them whenever one wishes.

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 supports for holding the shout put while the other fingers should be kept slightly spread apart. (Figure 12.2)



Figure 12.1



Figure 12.2



Figure 12.3

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° with the body. (Figure 12.3)

Simple activities to practice shot put

1. Hold the shot put correctly and stand keeping your legs slightly spread apart.

Throw the shout put forwards after the teacher has given a signal.



Figure 12.4

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

Bend the legs at knees and lower your body.

Now, as you raise the body, release the shot put from your hand. In this position, the palm should be facing outside.



Figure 12.5

Throwing the shot put being 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.
- Now, turn the upper body towards the front while the legs are straightened and release the shot put from hand.



Figure 12.6

(Given above is a picture that shows how the shot put is thrown with the right hand.)

Activity

Make an alternative shot put with a piece of wood and practice throwing the shot put being in a standing position.

Throwing the discus

It is said that discus throw had been an event even in the first Olympic Games that were held in Athens in ancient Greek. Discus throw, too, is an event in which proper combination of strength, momentum and coordination are required like in shot put.

Holding the discus



Figure 12.7



Figure 12.8

The discus is gripped 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

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



Figure 12.9

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



Figure 12.10

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



Figure 12.11

Throwing the discus being in a standing position

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

- 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.



Figure 12.12

- (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.



Figure 12.13



Activity

Make a discus with wood. Go to the playground with the teacher and engage in the activities described above.

Javelin throw

Out of all 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.

Gripping the javelin

The following methods are used for gripping the javelin:

1. Gripping with the thumb and the index finger (Figer 12.15)
2. Gripping with the thumb and the middle finger (Figer 12.16)



Figure 12.14



Figure 12.15



Figure 12.16

Simple activities to practise javelin throw

1. Throw the javelin over a distance of about five metres.

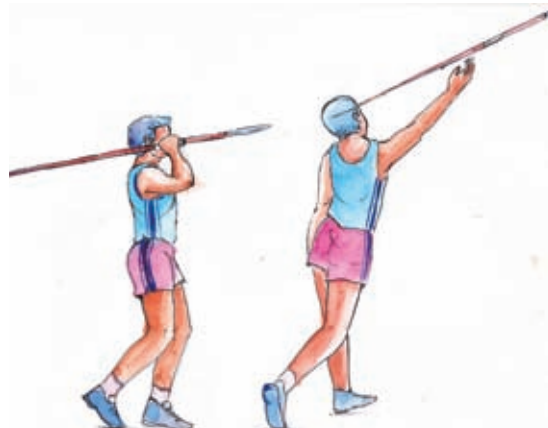


Figure 12.17

2. Throw the javelin at target that has been place in the front.



Figure 12.18

3. 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.



Figure 12.19

Throwing the javelin forwards being in a standing position

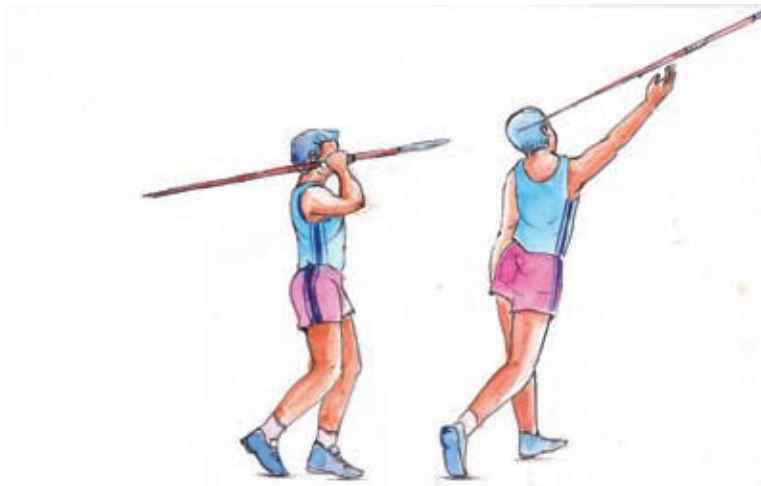


Figure 12.20

- 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.



Activity

Make an alternative javelin and practice throwing it being in a standing position.

Summary

There are four throwing events according to the classification of athletic events. They are shot put, discus throw, javelin throw and hammer throw. Out of these four events, hammer throw is not included in school athletic events.

There are accepted ways of holding the shot put, discus and the javelin.

Throwing the shot put, throwing the discus and throwing the javelin can be done being in standing position.

These events can be practiced by engaging in simple practice activities

Exercise

1. Name three throwing events that are held at school level.
2. List the equipment used in throwing events in the ascending order according to the weight of the equipment.
3. Show the way of holding the shot put, discus and javelin correctly.