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| Activity:  **Discus** | |  | |
| PE 10  Date:  **May 8th, 2013** | | Notes: | |
| Students will be able to…  1: **Demonstrate the correct throwing technique for the discus**  2: **Demonstrate effective use of their bodies to produce power in the throw**  3: **Maintain safe and practical behaviours, co-operate and have fun** | | | |
| Time |  | | Materials |
|  | Warm-up activity and stretching:  **800m run for times – stretching (focus on quads, hamstrings from run, then shoulders, biceps, triceps, traps for throw)** | |  |
|  | Drill #1   * Correct grip – index finger in middle, first knuckle over edge * Imagine squeezing a bar of soap out of the hand * Roll of the index finger * Roll discus like bowling ball to partner 5 yds away – if successful, increase distance * If release off pinky, discus spins back, no distance | | 1 discus per student  Cones to mark levels/distances  Tape measure |
|  | Drill #2   * Stand with non-dominant foot on line (left for most) * Arm comes back, twist so non-throwing arm is in line between legs * On toes on right foot, knees bent, pivot R foot to face, shoulders square, discus and arm follow on lever * Body turns fast, stops – arm “whips” | | As above |
|  | Drill #3 (optional)   * If there is time and interest – include a spin throw * Give more space to thrower * Face back of ‘circle’, left foot out behind, spin body, right foot replaces (turn 180), left foot behind (180), plant, square shoulders to throw direction, whip arm, release | | As above |
| Culminating game:  **Practice throwing the discus to determine if it will be part of the final scoring in class** | | | |