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| Activity:**Discus** |  |
| PE 10Date:**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 studentCones to mark levels/distancesTape 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** |