

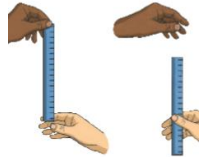
# WHFCS PE KS2 PE

## Summer term- Throwing

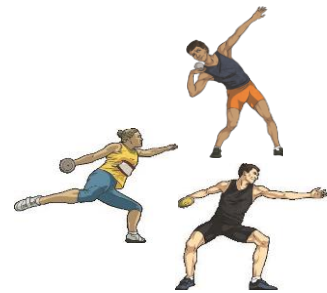
### Warm up –

Reaction time in a sporting context, reaction time means how fast an athlete is able to respond to a stimulus, such as the whistle in a running race. It is a strength that can be improved with practice. The Ruler Drop Test Work with a friend or family member to test your reaction skills using a ruler.

1. Person A sit on a chair at a table with their forearm extended over the edge of the table.
2. Person B holds a ruler vertically, 2cm above person A's hand. Number one should be at the bottom and number 30 at the top.
3. Person B will release the ruler, without any warning, for person A to catch using their thumb and index finger.
4. When Person A catches it, record the number on the ruler displayed just over the thumb. The lower the number, the faster your reaction time.



**For all the throwing activities if you have a ball you can use it or alternatively if you have a bean bag. If you haven't got either of these you can use socks rolled up into a ball, a sponge or a piece of clothing rolled up into a ball shape.**



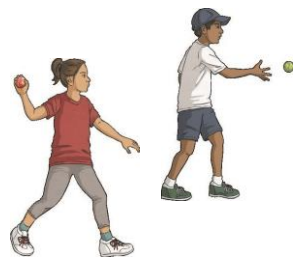
### Lesson objective – Throwing

There are many different throwing events in athletics.

Can you find out the names of any throwing events? These pictures might help you-

#### Task 1 –

Using underarm and overarm throwing techniques, put a marker on the floor and see which one you can throw the furthest without a run up or stepping over the line.



#### Task 2 -

Now see how accurately you can throw by placing a marker to aim for. Use both the overarm and underarm throw. Try standing at different distances away from the marker. Which throw was easier to be more accurate with?



## Task 3 –

There are many different types of throwing techniques used in athletics. The one-handed pull throw technique is used for the javelin. This is the same technique used for an overarm throw in cricket. See how far you can throw a ball using the one-handed pull throw (overarm throw). See how accurately you can throw by placing hoops or markers to aim for

## Task 4

This is a two-handed throw over the head that uses the whole body to generate maximum momentum. It is similar to the technique used for the hammer throw in athletics.

1. Start with your back facing the direction of the throw and your feet shoulder-width apart.
2. Hold the ball with two hands.
3. Bend down, swinging the ball between your legs.
4. Straighten your legs while swinging the ball upwards and backwards over the head.
5. The back should be kept upright and the arms long and straight.



## Sock challenge

To finish this week's lesson I want you all to find a bucket or a bin and challenge someone in your family to the top bin challenge. You need 10 pairs of socks and a timer, the challenge is to see who can get 10 pairs of socks in the bucket or bin from 4 metres away the fastest. When we all return I would like to know who won and what was your fastest score. Good luck !!

## Cool down –

Find a space indoors or outdoors, for your cool down this week we are gradually going to start of sprinting then reducing the speed. We start of on 10 sprinting on the spot, and slowly get slower by 5 we should be jogging then by 1 we should be walking on the spot.

