



**Olympic School  
Challenge**  
ROAD TO TOKYO

## PE Lesson : Athletics- Jumping & Throwing

### Game 1: Long + High Jump

#### Key Learning

Jumping for distance and jumping for height are fundamental locomotor movement skills that all children need to be able to do. This game helps young children to develop these skills.

### Game 2: Three Throws

#### Key Learning

Throwing is a fundamental manipulative skill. Athletics has multiple throwing events, and we are having students try two different throwing event techniques.

### Warm Up

2-3 minute of light jogging around a field or yard.  
Head to toe stretches.

#### Running Form Drills:

- A skips- working on proper body mechanics for this skip- opposite arms and legs
- B skips- skip and kick out leg
- High knees- focus on good form, fast arms and legs
- Straight leg bounds-
- Quick feet- not going far, but going very fast, feet on fire!



# Game 1a : Long Jump

The men's world record for the long jump is held by American Mike Powell, who jumped 8.95 metres! The women's world record is held by Galina Chistyakova of the former Soviet Union who leapt 7.52 metres.

## FMS (Functional Movement Skills) Focus

Develop proper jumping technique

## Equipment needed

- Measuring tape

## How To Play

Measure the WR records with a tape and make the distances.

Have students line up.

Students do double leg standing jumps

(notes below on proper technique) and see how far they get in comparison to the WR's.

Repeat 3 times.

## Watch For

The Standing Long Jump requires a two footed take-off from behind the take-off line.

- The child starts with feet shoulder-width apart and swinging the arms.
- Techniques involving a 'crouch' or 'rock' leading up to the jump should be encouraged provided both feet remain alongside each other and in contact with the ground from the start of the action to the actual commencement of the jump.
- On commencement of the jump, the child should swing the arms powerfully forwards and upwards, which will assist the thrust of the legs and body.
- The arms swing back just before landing adding body-leg distance and then swing forwards as part of the 'soft' landing to assist in forward rotation.
- Landing in the Standing Long Jump should be on two feet and kept 'soft' with plenty of 'give' in the knees. It does not need to be a dead stop, as the child may step forward after the jump but any step back or touching the mat behind the feet with any part of the body counts as a 'no jump'.



# Game 1b : High Jump

The men's world record for the high jump is held by Cuban Javier Sotomayor who jumped 2.45m. The women's world record for the high jump is held by Stefka Georgieva Kostadinova from Bulgaria 2.09m.

## FMS (Functional Movement Skills) Focus

The focus is on good jumping technique. The goal is to jump as high as possible from a standing position.

## Equipment needed

- Measuring tape
- Removable tape/ tack
- Wall

## How To Play

Measure the World Records distance on a wall and mark the spots with removable tape.

Have students line up against the wall.

From a standing start students bend their knees and jump and reach as high as they can on the wall.

Aim for a soft landing with bent knees.

Have students compare to how close they can get to the world records markers.



# Game 2 : Two Throws

## FMS (Functional Movement Skills) Focus

Students work on good throwing technique.

## Equipment needed

- Bean bags

## How To Play

Students line up in rows of 5.

### **Shot put** (reference PDST “Advanced Athletics” )

The basic action of ‘putting’ a shot is PUSHING (not throwing) the shot with one hand. The bean bag is held correctly against the neck. The child positions his/her self sideways against the throw line.

The top half of the body faces directly away from the throwing line. The lower body looks to the right. Rotating, the child drives the hip around and up to the throwing line while the arm pushes the bean bag up and out to release. The emphasis is on a fast right hip, with the elbow being kept up behind the shot. The emphasis is also on keeping the shot rising so that the release takes place at the highest possible position.

### **Javelin Throw** (over arm throw)

The upper body must develop a backward lean, The hips of the thrower must be kept facing to the front. Throw over arm, with good follow through pointing in the direction you want the bean bag to go.

#### **Watch For**

- Students throwing out of order. Have students wait until you tell them to throw.

#### **Variations:**

- Change the number of times each person throws.
- Try the throws with non-dominant hands.

More throwing tips and pointers : <https://www.scoilnet.ie/uploads/resources/21896/21619.pdf>

## PE Journal/Reflection:

Which sports require throwing? Which throwing technique allowed you to throw further?

