

Throwing – Putting / Pushing

Shot put Postural Control

Beginner	Developing (RUN School Rabbits)			Practising (RUN School Run)			Emerging (Athletes)		
	White	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8
21. Shot Put & Chest Push	21a) Wait for instruction from coach before throwing and retrieving implement safely	21a) Demonstrate a standing two handed push throw (as red) with knees bending then extending prior to throw	21a) Move body parts in an effective order to aid a two handed push throw for distance and efficiency	21a) Demonstrate a two handed push throw (as Red/Yellow) with increased weight ball	21a) Keep the throwing elbow height throughout the movement	21a) Left leg, then hip block prior to putting the shot	21a) Left leg, then hip and finally shoulder block prior to put	21a) Start at rear of the circle with back to direction of throw	21a) Demonstrate accurate positioning of feet on landing after Basic Linear Glide and rotation
	21b) Push an object up and forwards to gain height and distances, and aim at a raised target	21b) Demonstrate a standing two handed push throw, with flicking action through the wrist and fingers	21b) Correctly hold a shot put in hand, with shot resting on fingers and not palm. Shot placed under the chin at the side of the neck and with elbow high	21b) Demonstrate a standing frontal single arm push throw, with rotation through waist to increase force.	21b) Transfer body weight from the right leg to the left leg in delivery phase	21b) Demonstrate full triple extension of the right leg	21b) Demonstrate full triple extension of the right leg; hip, knee then ankle followed by the trunk	21b) Basic Linear Glide: draw the left leg into a crouch position in preparation to glide	21b) Linear Glide: Land in the 'Power position' with shoulders well back and with control and balance after Linear Glide
	21c) Demonstrate a standing two handed push throw, extending arms through the elbows	21c) Demonstrate standing two handed push throw stepping into the throw	21c) Demonstrate a kneeling single arm push throw, with extension through elbow and wrist.	21c) Standing Shot Put: turn shoulders away from the direction of the throw in preparation position	21c) In delivery phase, drive and turn the right hip up and forwards over the straightening left leg	21c) Drive hips forwards and upwards before releasing	21c) Keep the shoulder back until the hips have driven forward	21c) Basic Linear Glide: push through the ball of the right foot to commence glide, while driving free leg towards the front of circle	21c) Rotation technique: land in the 'Power Position' with shoulders well back, and with control and balance after rotation

			<p>21d) Demonstrate a two handed backward, overhead toss, bending & extending 'legs before arms'</p>	<p>21d) Demonstrate a kneeling single arm push throw with rotation through waist to increase force</p> <p>21e) Identify preferred putting / pushing arm</p>	<p>21d) Demonstrate 'Power Position' with left toes in line with the heel of the right foot</p> <p>21e) Demonstrate 'Power Position' with both legs bent and weight on the ball of the right foot</p>	<p>21d) keep the left arm height in the delivery phase</p> <p>21e) Perform an effective push throw to reach a target on the ground</p>	<p>21sd) push right arm long and height extending at the elbow, then wrist and finally flicking with the fingers</p> <p>21e) Increase the weight of the Shot Put while maintaining technique</p>	<p>21d) Releases object at approximately 45° angle</p>	<p>21d) Demonstrate s basic rotation technique: See rotation progression in agility</p>	<p>21d) From power position. Right arm punches long and high, after a full extension of the leg and trunk</p>
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Throwing - Pulling Javelin	Beginner	Developing (RUN School Rabbits)			Practising (RUN School Run)			Emerging (Athletes)		
	White	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9
22. Javelin Tennis Ball, Howler & Turbo Jav Throw		22a) Demonstrate a standing two handed overarm throw, bending then extending the arms at the elbows	22a) Demonstrate a standing two handed overarm throw, stepping into the throw (football throw)	22a) Demonstrate a single overarm throw with rotation through waist to increase force (tennis ball throw)	22a) Demonstrate Tennis ball technique with a Turbo Jav, Howler or equivalent	22a) Demonstrate a standing frontal throw with javelin	22a) Standing Throw: The right knee rotates inwards and the hip rotates and then extends, prior to the front foot touching down	22a) 3 stride Rhythm: starts with right foot forwards and javelin withdrawn; first step is onto the left leg; daah, da da rhythm	22a) 5 stride Rhythm: starts with right foot forwards and javelin withdrawn; first step is onto the left leg; da da daah, da da rhythm	22a) 5 Stride Rhythm: demonstrate two running strides into a 3 Stride Rhythm da da daah dada rhythm
		22b) Demonstrate a standing single handed overarm 'Tennis ball throw' extending the arm at the elbow, with visual follow through	22b) Demonstrate a standing single handed overarm 'Tennis ball throw' with flicking action through the wrist and fingers with visual follow through	22b) Demonstrate a standing single handed overarm push throw, stepping into the throw	22b) Demonstrate a single arm throw as Purple 22a with throw stride approach (left, right, left)	22b) Standing Throw: hold the javelin back with an extending arm and palm high	22b) Standing throw: after the hip drive, pull the javelin 'through the point' with the elbow above the shoulder line	22b) 3 Stride Rhythm: first step is onto the whole of the left foot, push off onto the right foot and take a quick stride onto a braced left leg using a daah, da da rhythm	22b) 5 Stride rhythm: demonstrate two walking strides into a 3 stride rhythm	22b) Recovery Phase: large step onto right left after the javelin has left the hand
			22c) Stand side on, with left foot forwards looking ahead over the left shoulder	22c) Identify preferred pulling arm	22c) Correctly hold a Javelin in hand demonstrating either 'Thumb and first finger grip' or 'Thumb and Second finger grip'	22c) Standing throw: stand side on with feet shoulder width apart, left foot in front with foot pointing forwards	22c) Standing Throw: free arm is rapidly brought into the side of the body, with the shoulder remaining as far forward as possible, creating a stretch of chest	22c) 3 Stride Rhythm: quickly drive the right hip forwards in final stride	22c) Demonstrate walking and running cross over drills	22c) Recovery phase: the right left bends to absorb the forward momentum

			22d) Throwing arm held extended backwards and is then pulled forwards rapidly, bending then extending at the elbow	22d) Correctly hold Turbo Javelin and Howler	22d) Correctly explain the safety elements and rules relating to javelin	22d) Standing throw: the free arm is across the body with the athlete looking over the left shoulder straight down the middle of the throwing sector	22d) Standing throw: keeps body high release position	22d) 3 Stride Rhythm: demonstrate 'Standing Throw' technique in final stride and release	22d) Demonstrate the 'Approach and Withdrawal' drill and maintain a running speed throughout the withdrawal	22d) Recovery phase: lower centre of gravity to maintain balance.
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Throwing – Sling / Rotation

Discus

23. Discus

Soft Discus, Beam Bag & Quoit

Beginner	Developing (RUN School Rabbits)			Practising (RUN School Run)			Emerging (Athletes)		
							ATHLETE		
White	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9
	23a) Demonstrate a 'Sling Throw' with long arm and relaxed shoulder	23a) Correctly hold a discus in hand, with fingers spreads comfortably across the implement	23a) Bowl the discus on the ground to a partner, releasing off the index finger	23a) Stand side throw: start with left shoulder in direction of the throw, feet 1½ shoulder – widths apart.	23a) Standing throw from Power Position: start with shoulders square to the back of the circle	23a) Standing throw from Power Position: initiate the throw with a vigorous action of the right hip and leg turning to the front	23a) One turn throw: step into the circle, with discus behind the body, onto the left foot	23a) Start at rear of the circle with back to direction of throw, legs shoulder width apart, knees slightly bent with weight on the balls of the feet	23a) Land in the 'Power position' with shoulders well back, and with control and balance after rotation
	23b) Demonstrate a 'Sling throw' with tall upright posture and good balance	23b) The rim of discus rests across the finger pads	23b) Flip toss the discus in the air releasing off the index finger	23b) Standing side throw: swing discus backwards and then pull forwards, pivoting on the right foot	23b) Standing throw from power position: demonstrate 'power position' with left toes in line with the heel of the right foot	23b) After the hip has driven, pull arm through long, fast and last	23b) One turn throw: drive forward off the left foot, place right foot at centre of circle and whip the left foot through creating the 'Power position'	23b) Move body weight onto ball of left foot, which turns in the direction of the throw, taking a running stride to the middle of the circle	23b) From 'power position', continue rotating on the right foot to drive the hips forwards, ahead of the shoulders
			23c) Demonstrate a single arm sling throw with rotation through waist, to increase force	23c) Standing side Throw: turn the right heel out while pushing the right hip forwards and blocking with the left leg	23c) Standing throw from 'Power Position': demonstrate 'Power Position' with a 'Chin-Knee-Toe' alignment	23c) Keep the arm 'long and relaxed' throughout the throw	23c) One Turn Throw: keep hips 'open' with correct right heel left to alignment	23c) Place right foot at centre of circle and whip the left foot through, creating the 'Power position'	23c) Keep the discus back and high, pulling arm through long, fast and last

				23d) Identify preferred slinging arm	23d) Standing side throw: release the discus about head height, releasing off the index finger	23d) Standing throw from 'Power position': swing the discus backwards – upwards with palm down	23d) Left leg, then hip, brace prior to release 23e) Increase the wright of the Discus while maintaining technique	23d) One Turn Throw: keep the throwing arm up throughout the sequence 23e) Release object at an angle of approximately 30-40°		
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Throwing – Swing / Rotation Hammer	Beginner	Developing (RUN School Rabbits) 			Practising (RUN School Run) 			Emerging (Athletes) 		
	White	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9
24. Hammer Soft Hammer					24a) Demonstrate a dynamic heave throw with straight back	24a) Demonstrate a dynamic heave throw with an increased weight	24a) Preparatory swings: stand with feet slightly wider than shoulder-width apart and back to the direction of the throw	24a) Preparatory Swings: as the hammer reaches the low point again, extend the arms	24a) Standing throw: ‘Accelerate the hammer’ – starts throw by executing 2-3 preparatory swings with balance and control and gradually increasing the speed with every swing.	24a) Standing throw: drive hips upwards and forwards before release
					24b) Demonstrate a dynamic heave throw with rotation through waist to increase force	24b) Demonstrate a dynamic heave throw now using adapted equipment	24b) Preparatory swings: keep back straight, legs slightly bent and weight evenly balanced on both feet.	24b) Preparatory swings: trunk, chest and shoulders rotate to the right side when hammer reaches the high point of its orbit	24b) Standing throw: ‘Sit down and stay seated’ during the swing phases	24b) Demonstrate good form and release after 2-3 turns
					24c) Demonstrates a dynamic heave throw with arms extended throughout the throw	24c) Demonstrate correct grip of hammer. Handle held in the left hand and right hand covering the left hand	24c) Preparatory Swings: use body and weight distribution on the feet to counter the pull of the hammer	24c) Preparatory swings: athlete ‘looks through the window’ formed by their arms – right arm at the high point of the hammer’s orbit	24c) Standing throw: accelerates the hammer from slow to fast and from low to high in final swing prior to release	
					24d) Demonstrate a dynamic heave throw moving the ball from low to high	24d) Uses a strong but relaxed grip, with hands making a U shape and with thumbs held crossed or parallel	24d) Preparatory swings: Extend the arms and swings the hammer from low to height point	24d) Preparatory swings: Use hips, and not arms, to generate the main force, moving in the sequence of legs then hips/trunk, then arms	24d) Standing Throw: releases the hammer over the left shoulder extending the arms and remaining in a fixed position after released with eyes	

							24e) Preparatory swings: accelerate the hammer in the double support phase as long as possible	24e) Preparatory swings: arms stay long and relaxed, keeping the hammer in as longer radius as possible	looking skyward	
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