

### Content outline

This activity is an introduction to Hammer Throw. It aims to provide the young person with activities to develop the basic techniques associated with the field event.

- Basic Hammer technique
- Grip
- Stance
- Follow-through



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



### Space

- If space is available, the distance the item is being thrown can be increased.
- If these activities are taking place indoors, do not complete the second task due to safety



### Task

- To make the task easier – move the target closer
- You can also increase the size of the target (e.g. Use a large bin)
- The distance being thrown can be adapted to make the task easier / more difficult
- Try switching your throwing arm to make the task more difficult
- You can also try throwing balls of different weights



### Equipment

- Suitable space for throwing a ball is required
- Cones, or any objects which can act as markers / throwing circle
- What household items can you use to act as hammer? (Eg. Football sock and a Tennis ball)



### People

- If other people are available, the activity can be performed within a competition
- If someone younger is working with you, what tips can you provide them to help them improve at this task?

### Learning intention

#### Physical:

- To develop the basic technique for the hammer throw

#### Personal:

- Confidence
- Personal challenge

#### Learning questions:

- Identify 3 main technical points of the Hammer throw
- What advice would you give someone else performing this activity?
- What does the phrase 'Long Levers' mean? And why is this good for the Hammer throw?
- What is the official weight of a Hammer for your age group if you are competing?
- What are the current world records for Hammer events?