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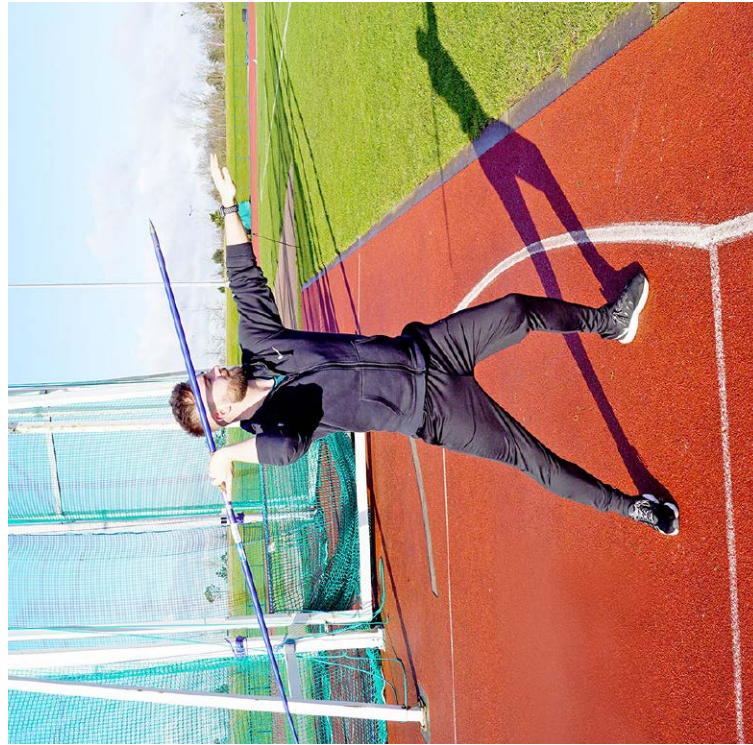
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back



# Sports Journalist

## Javelin



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# Your Task

## Javelin

Watch all the athletes performing in today's Javelin Competition.

You will report back at the end of the session.

- *Who did the furthest recorded throw (1st, 2nd, 3rd)?*
- *How many 'No Throws' did you count?*
- *Who tried very hard and who improved during the session?*

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# Coach Javelin



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# Your Task Javelin

## Tips to Improve

After each athlete in your group has had their throw, choose one coaching point to help them next time.

- *Make sure you have the opposite foot forward to throwing arm as you release the Javelin.*
- *Release the Javelin Higher or faster.*
- *Don't step over the line after throwing the javelin.*



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# Official Javelin

## How to Measure

- The Javelin should land point down - not flat.
- The measurement is taken from the point of landing to the front of the throw line.
- Run the tape straight over the take off board and read the measurement from the front of the board.



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# Your Task Javelin

## Recording Results

*Record who achieves an Award.*

	Bronze	Silver	Gold
A	9m	14m	17m
B	12m	19m	26m

## Equipment

*Check the correct weight of Javelin is being used*

	Year 7	Year 8 & 9	Year 10 & 11
A	400g	500g	600g
B	400g	600g	700g

*Recording Sheet*

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