

ATHLETICS

Success

Relay Zone Racing



Development of running fast through the changeover zone.



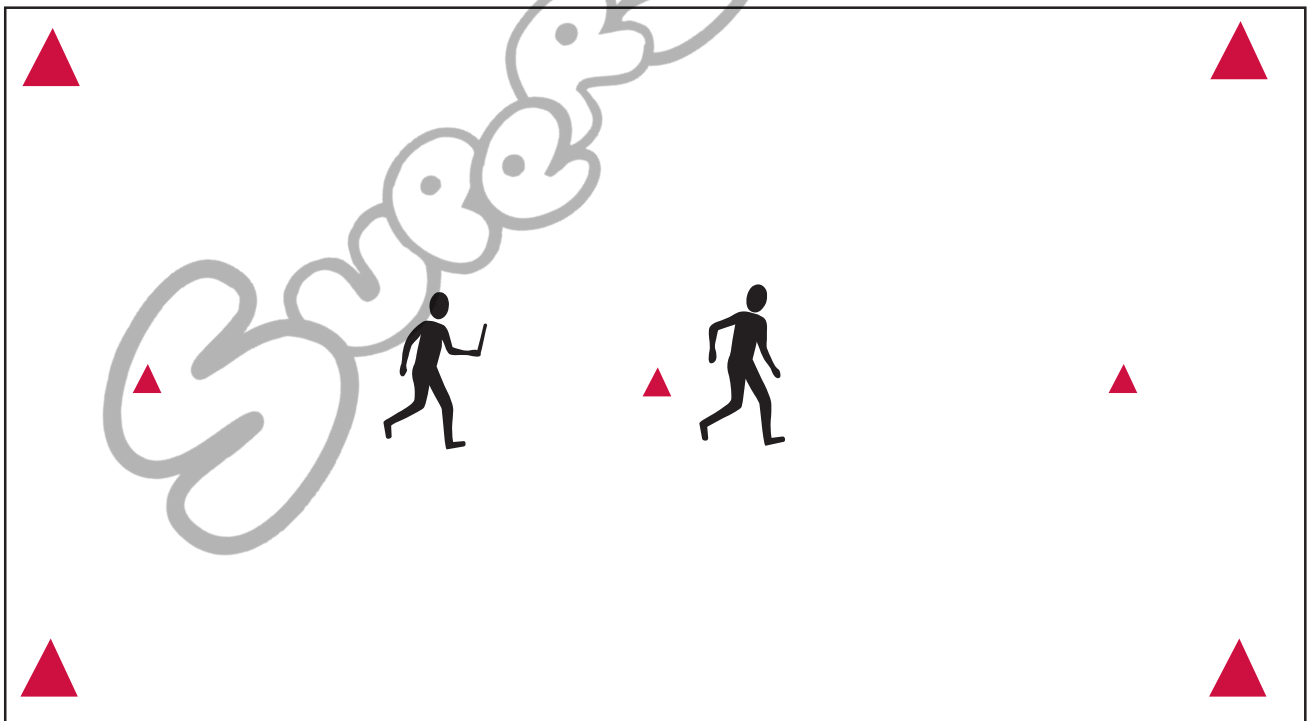
Ground markers, relay batons.



Set up a twenty metre relay changeover zone and a ten metre acceleration zone using ground markers. In pairs, the players decide who will be the incoming and outgoing runners, and set up check marks accordingly. The outgoing runners can stand anywhere inside the acceleration zone (as per a relay race), however all incoming runners must begin running from the same line 20m behind the acceleration line. Each incoming runner carries a baton.



The aim of this game is for each pair to attempt to be the first to carry the baton past the end of the 20m changeover zone. On "Go", all incoming runners sprint towards the outgoing runners in an attempt to make a fast, smooth baton exchange in the 20m changeover zone. The outgoing runner, on receiving the baton, sprints to the end of the changeover zone, carrying the baton.



Pairs are disqualified for illegal baton exchanges.

Climb the Ladder



Discus release control.



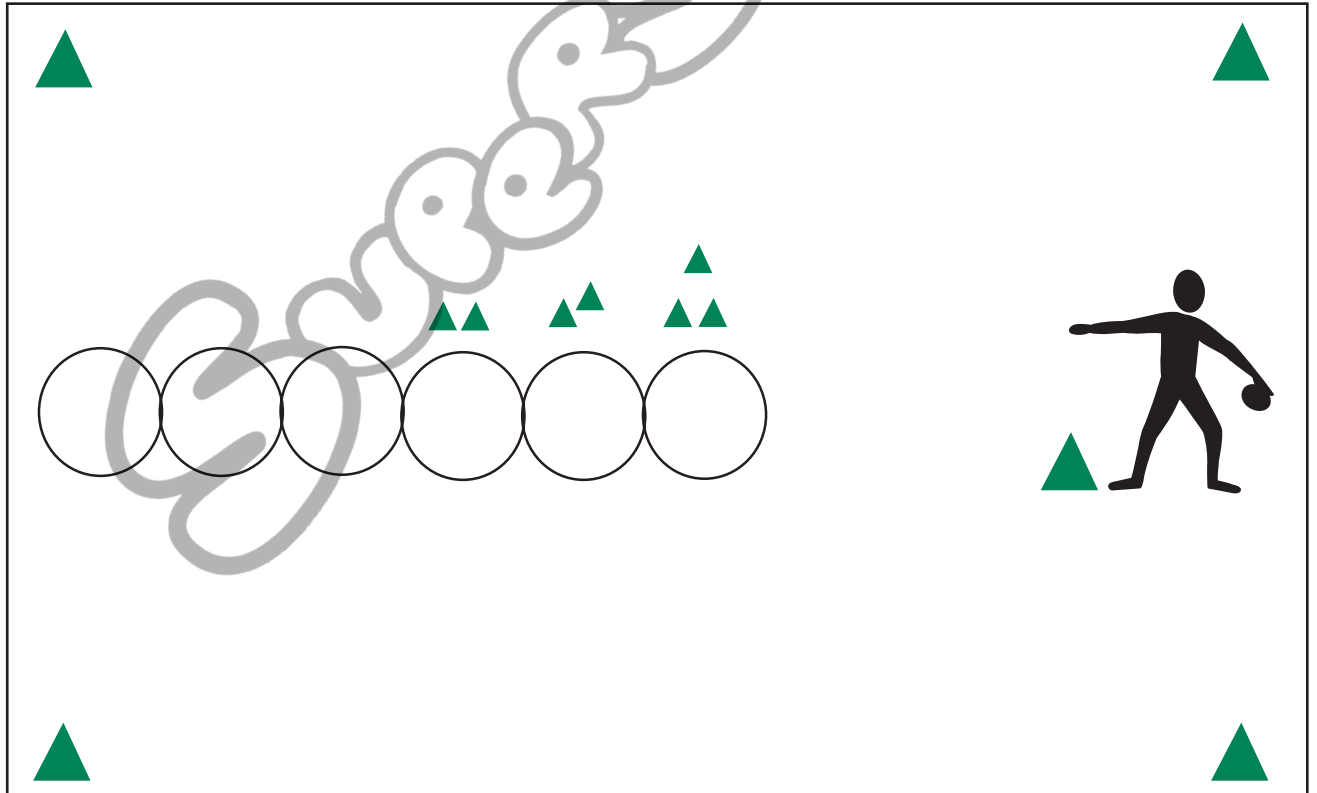
One ground marker for each person and 1 ground marker per group, 6 hoops per group.



Construct a "ladder" beginning one metre in front of each group by placing six hoops in line, flat on the ground.



On command, the first player attempts to toss the discus underarm and land it on the full, on its edge, in the first hoop. If they are successful, they move their marker up next to the second hoop in line. When it is time for their next turn, they attempt to land the discus in the second hoop, and so on until they have reached the last hoop (top of the ladder). Should their discus at any time miss the hoop at which they are aiming for, they must continue to attempt to land their discus in this hoop, with each successive turn, until it is achieved.



- Players must hit the targets in order ie, first hoop, then second hoop, then third etc.

Hurdle Shuttle Relay



Hurdling development.



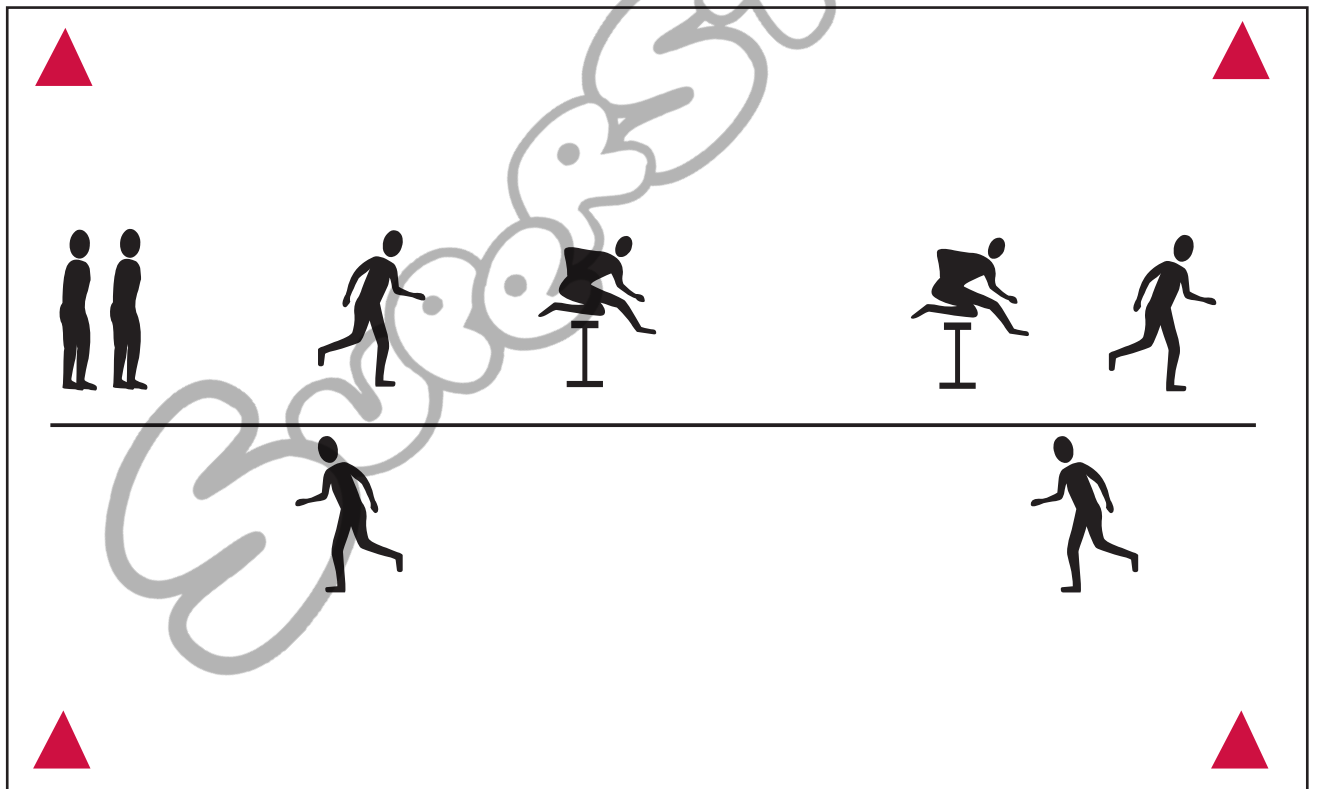
Ground markers, hurdles.



Traditional shuttle relay formation, however each team occupies two lanes. Each team has a flat and a hurdle track.



Conducted in a similar way to a shuttle relay, each player must run once over the hurdles and once on the flat track.



GAMES FOR JAVELIN

Bombing Bean Bags



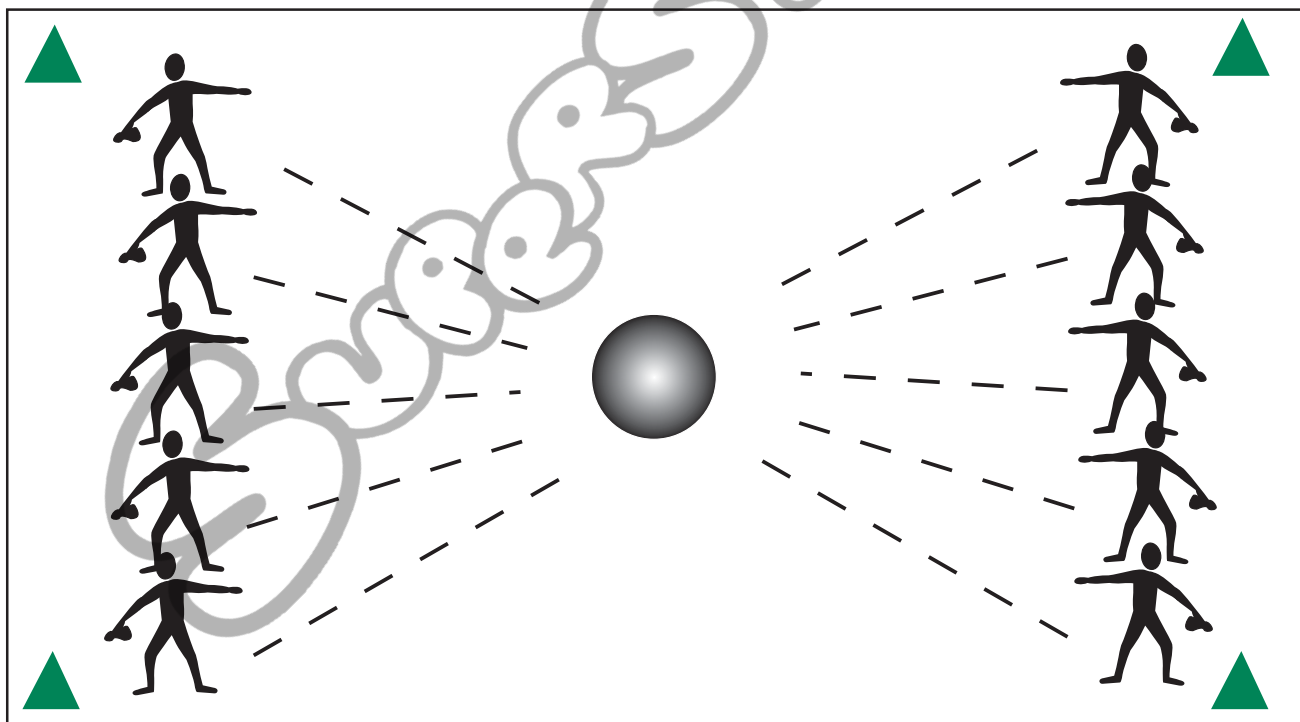
Develop overarm throwing ability.



As many small bean bags as possible, ground markers, basketball/volleyball.

Create a playing area 10m long. In the middle of the playing area, place a basketball/volleyball. Divide the group into two teams. Each team stands at opposite ends of the playing area. Divide the bean bags between the two teams.

On "Go" players begin to throw the bean bags at the ball in an attempt to knock it towards the other team's end. Play until the ball crosses one end of the playing area or for a predetermined time, eg. 60 seconds. The team who knocks the ball over the other team's line is a winner. Alternatively if the ball has not crossed a line at the end of the time period, the winner is the team that has knocked the ball the furthest towards their opponent's line.



- Do not allow players to retrieve bean bags from inside the playing area while the game is in progress. Wait until bean bags have run out, stop the game, and allow players to retrieve the bean bags.
- If the ball is knocked out of bounds over a side line, stop the game and place the ball back into the centre of the playing area in line with the spot it went out.
- Emphasise good overarm throwing technique.

Shot Put Archery



Shot put accuracy.



Ground markers, shots, skipping ropes.



Construct an "archery target" on the ground with skipping ropes. Players stand at a challenging but achievable distance from the target.



Players take turns in putting the shots in an attempt to score points by hitting the target.

