# TASK CARD

## THROWING ACTIVITIES

### Key Teaching Points

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Throw 1 | Distance | Throw 2 | Distance 2 | Throw 3 | Distance 3 |
| Initial Stance |  |  |  |  |  |  |
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| Release |  |  |  |  |  |  |
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### Task

In 3’s

1. Identify your role – THROWER, COACH, RETRIEVER
2. THROWER has 3 attempts at the throwing event.
3. After each throw the COACH gives feedback on the throw and records the distance achieved
4. After each throw the RETRIEVER collects and returns the implement thrown.
5. Once all 3 throws have been completed, pupils swop roles until they have all had a go at the task.

COACH

RETRIEVER

THROWER

Throwing line Cones set to measure distance