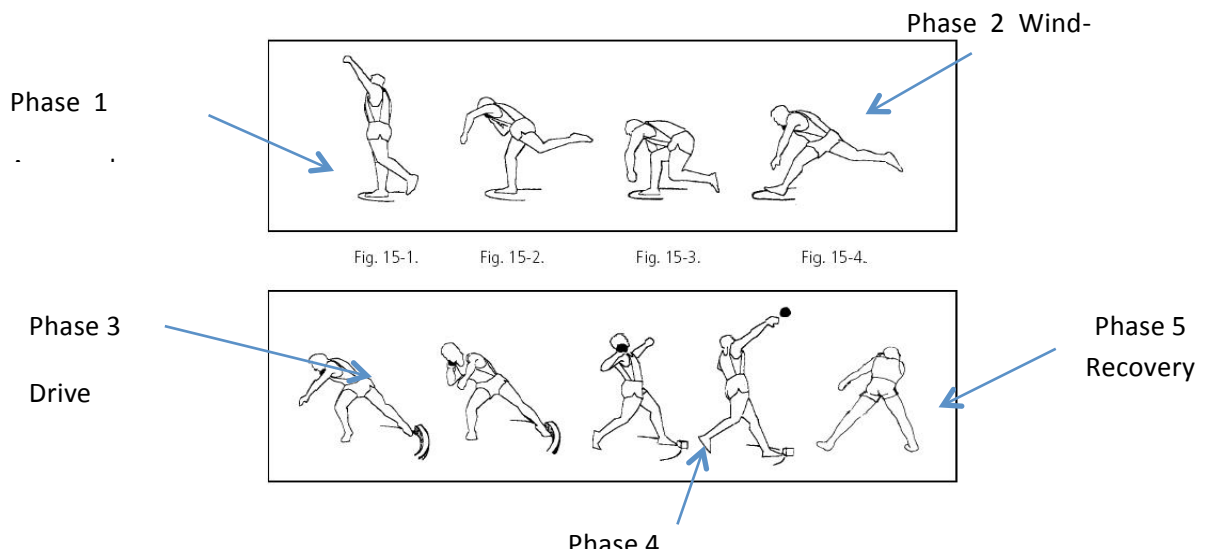


# LEVEL A WEIGHT TOSS

## WITH WIND-UP

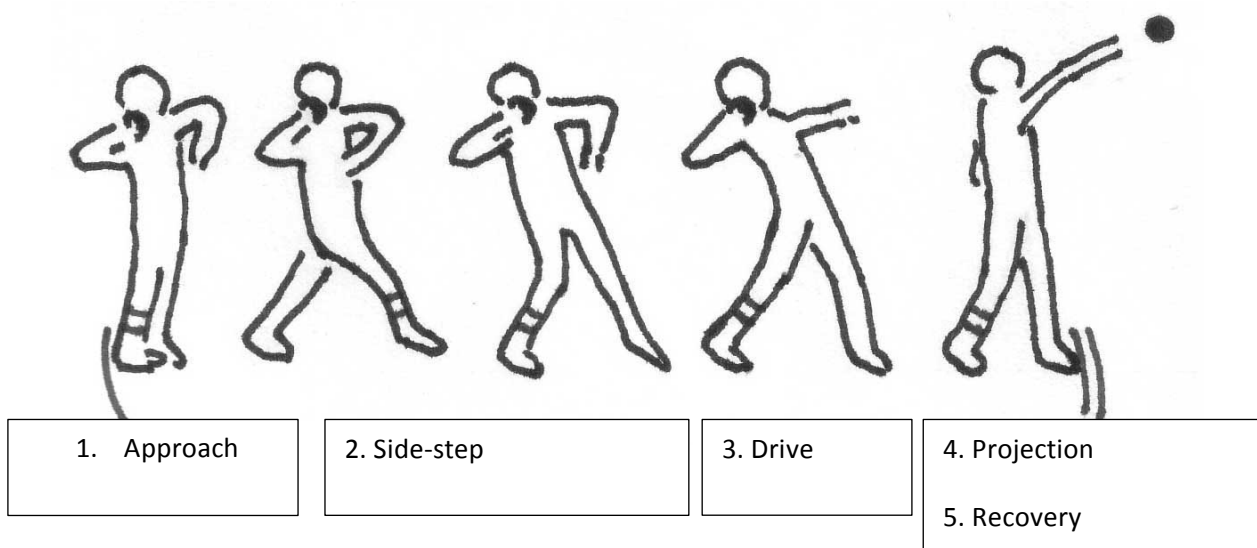


## TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.
2. Your wind-up movement should go from slow to very fast.
3. Use your hips and legs to help make your throw stronger.
4. Make sure you position your arms correctly.
5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).
6. Hold your position.
7. Look straight ahead so you don't lose your balance.
8. Throw the object up into the air at an angle (like a rainbow).

## LEVEL B WEIGHT TOSS

### SIDE-STEP OR CROSS-STEP



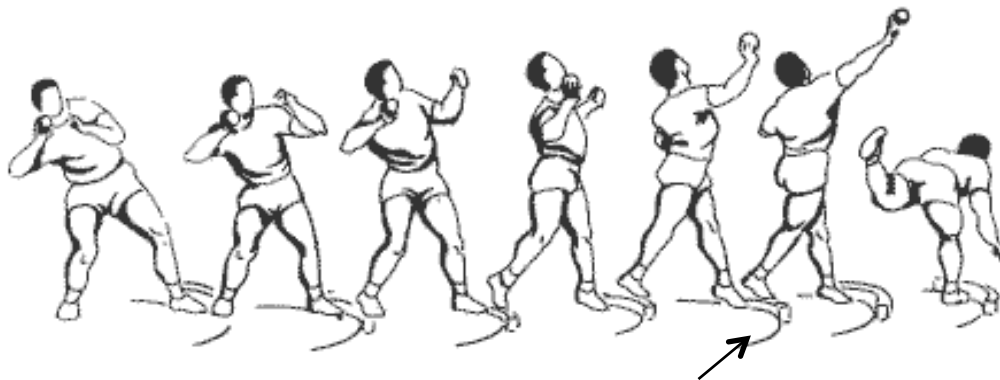
### TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.
2. Your wind-up movement should go from slow to very fast.
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4. Make sure you position your arms correctly.
5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).
6. Hold your position.
7. Look straight ahead so you don't lose your balance.
8. Throw the object up at an angle (like a rainbow).



# LEVEL C WEIGHT TOSS

## STATIONARY



Phase 3 Drive

Phase 4 Projection

Phase 5 Recovery

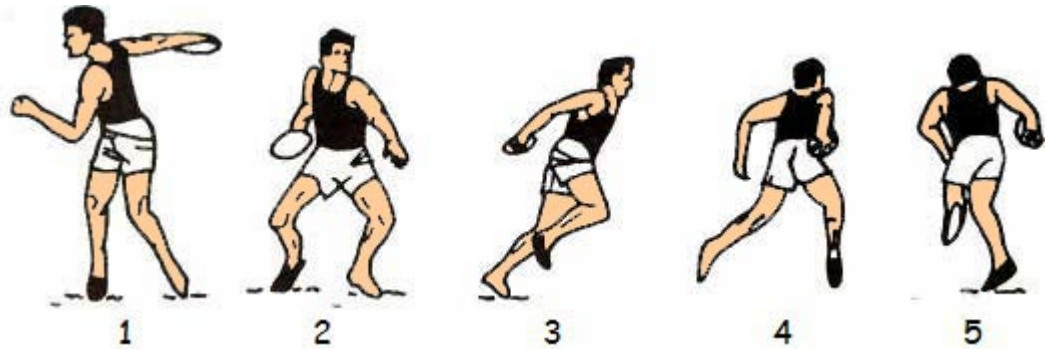
## TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.
2. Use your hips and legs to help to help make your throw stronger.
3. Make sure you position your arms correctly.
4. Hold your position.
5. Look straight ahead so you don't lose your balance.
6. Throw the object up at an angle (like a rainbow).



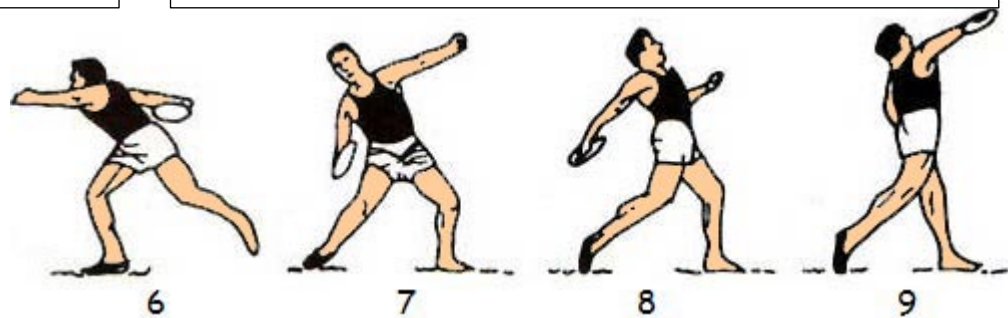
# LEVEL A RING TOSS

## WITH ROTATION



1. Approach

2. Swing and push-off: Rotation



3. Drive

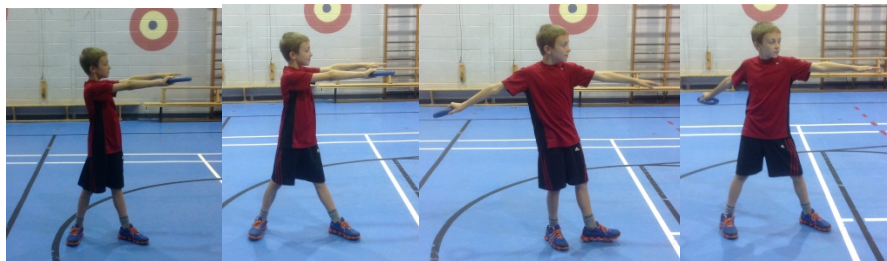
4. Final and Recovery

## TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.
2. Your wind-up movement should go from slow to very fast.
3. Use your hips and legs to help make your throw stronger.
4. Make sure you position your arms correctly.
5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).
6. Hold your position.
7. Look straight ahead so you don't lose your balance.
8. Throw the ring up into the air at an angle (like a rainbow).

## LEVEL B RING TOSS

### SIDE-STEP OR CROSS-STEP



1 Approach

2 Side-step

3 Drive



4 and 5 Final and Recovery

### TECHNIQUES FOR A SUCCESSFUL THROW

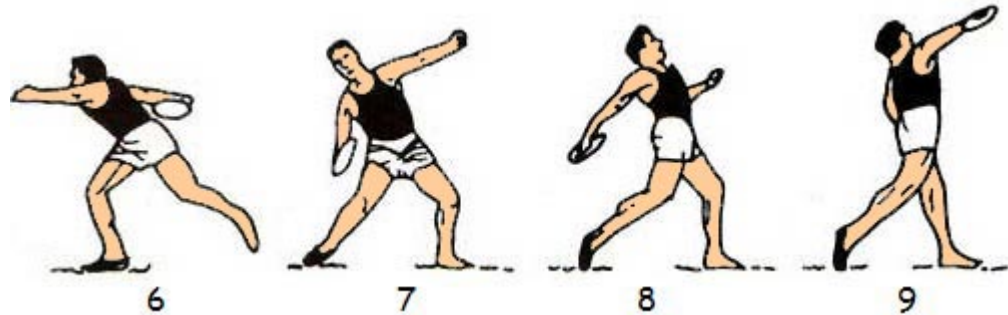
1. Visualize your throw.
2. Your wind-up movement should go from slow to very fast.
3. Use your hips and legs to help make your throw stronger.
4. Make sure you position your arms correctly.
5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).
6. Hold your position.
7. Look straight ahead so you don't lose your balance.
8. Throw the ring up into the air at an angle (like a rainbow).

Rubber ring



# LEVEL C RING TOSS

## STATIONARY



3 Drive

4 and 5 Final and Recovery

## TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.
2. Your wind-up movement should go from slow to very fast.
3. Use your hips and legs to help to help make your throw stronger.
4. Make sure you position your arms correctly.
5. Hold your position.
6. Look straight ahead so you don't lose your balance.
7. Throw the ring up into the air at an angle (like a rainbow).

# LEVEL A JAVELIN THROW

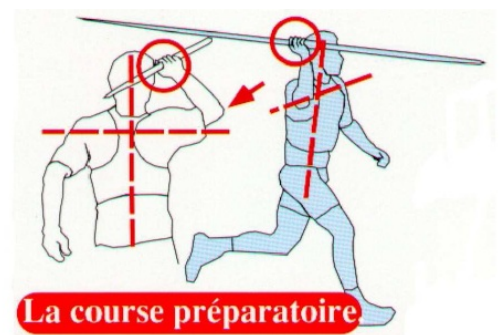
## WITH RUNNING START AND CROSS-STEP



1. Running start	2. Position	3. HOP or Cross-Step	4 and 5 Movement backward, then forward, release and recover
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### TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.
2. Your wind-up movement should go from slow to very fast.
3. Use your hips and legs to help make your throw stronger.
4. Make sure you position your arms correctly.
5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).
6. Hold your position.
7. Look straight ahead so you don't lose your balance.
8. Throw the object up into the air at an angle (like a rainbow).



# LEVEL B JAVELIN THROW

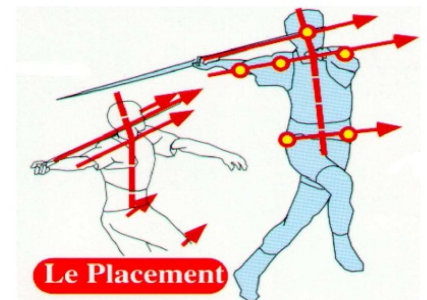
## WITH 1 CROSS-STEP (OR HOP)



3. HOP or side-step    4 and 5 Movement backward, then forward, release and recover

## TECHNIQUES FOR A SUCCESSFUL THROW

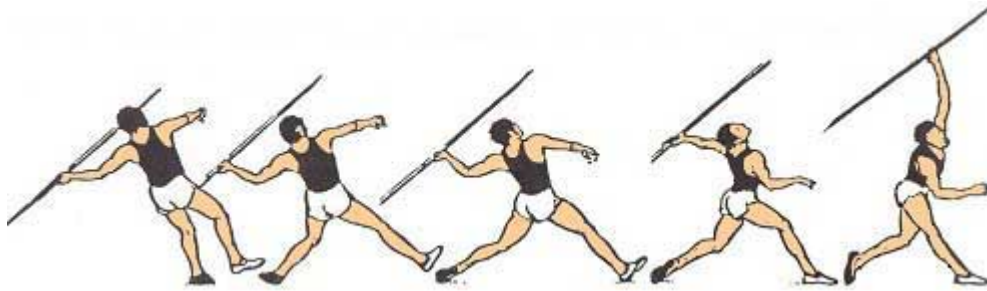
1. Visualize your throw.
2. Your wind-up movement should go from slow to very fast.
3. Use your hips and legs to help make your throw stronger.
4. Make sure you position your arms correctly.
5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).
6. Hold your position.
7. Look straight ahead so you don't lose your balance.
8. Throw the object up at an angle (like a rainbow).





# LEVEL C JAVELIN THROW

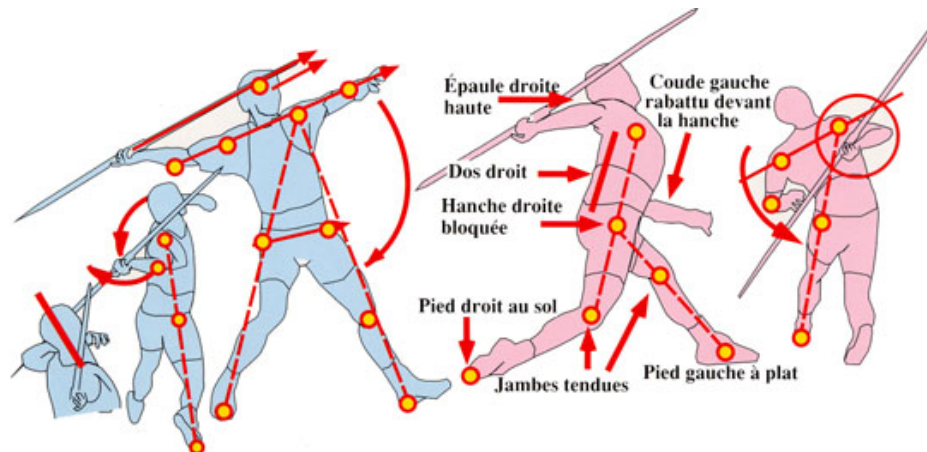
## STATIONARY



Phases 4 and 5: Movement backward, then forward, release and recover.

## TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.
2. Use your hips and legs to help to help make your throw stronger.
3. Make sure you position your arms correctly.
4. Hold your position.
5. Look straight ahead so you don't lose your balance.
6. Throw the javelin up into the air at an angle (like a rainbow).



## HOW TO HOLD A JAVELIN



**300 gram javelin suitable for elementary students**

