



## KEY STAGE 3

# DISCUS BASIC RULES & SKILLS

Big Picture: To Develop Key Knowledge and Understanding of the Basic Rules and Skills in Discus



## Basic Rules

### Objective of Discus

In athletics, discus refers to a track and field event where athletes compete by throwing a heavy discus as far as possible. The objective of discus in athletics is to achieve the maximum distance with the thrown discus.

### Equipment

#### Discus

The discus is a heavy object made of metal or plastic with a circular shape and a flat surface. The weight of the discus varies based on the age and gender of the athlete. For men, the discus weighs 2 kg, for women, it weighs 1 kg.

### Throwing Circle

The throwing circle is a 2.5m diameter circle made of concrete or another suitable material. It is used as a starting point for the athlete to begin the throw.

### Sector Lines

The sector lines define the area where the discus must land for the throw to be considered legal. The sector lines start from the centre of the throwing circle and extend outwards to form a cone shape.

### Cage

A safety cage is placed around the throwing area to protect spectators and officials from the thrown discus.

### Official Measurer

An official measurer is responsible for measuring the distance of the throw and determining the winner of the event.

## Scoring

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In discus in athletics, scoring is determined by measuring the distance the discus travels after it has been thrown. The athlete who throws the discus the furthest distance is declared the winner.

The scoring process involves the following steps: The athlete starts the throw from within the throwing circle and must keep one foot inside the circle until the discus lands.

The discus must land within the sector lines for the throw to be considered legal.

After the throw, the distance is measured from the inner edge of the sector line closest to where the discus first landed to the point of impact of the discus.

This distance is rounded down to the nearest centimetre.

The athlete's best throw out of three attempts is used to determine the final score.

In the event of a tie, the athlete with the second-best throw is declared the winner. If there is still a tie, the athlete with the third-best throw is declared the winner, and so on.

## Standing Technique

The standing technique is the more traditional method of throwing the discus. It involves a series of mini rotations and a powerful final thrust to generate momentum and release the discus.

The athlete starts at the front of the throwing circle and takes a series of small rotations moving the body from a low to high position before initiating the final rotation. The athlete then rotates their body and releases the discus.

## Spin Technique

The spin technique is the more advanced and challenging of the two methods. It involves the athlete making a full 360-degree turn inside the throwing circle before releasing the discus. The spin technique requires a high level of coordination, balance, and technique.

The athlete begins by standing at the back of the throwing circle, and then spins to build momentum while shifting their weight from one foot to the other. The athlete releases the discus after completing the spin.

Both techniques have their advantages and disadvantages, and athletes may choose one method over the other based on their physical abilities and training. Regardless of the method used, athletes must adhere to the rules and regulations set by the governing body of the sport to ensure fair play and safety.

## Fitness for Discus

### Strength

Discus requires significant upper body strength and explosive power to generate the necessary force to throw the discus as far as possible.

### Technique

Proper technique is critical in discus. Athletes must master the different techniques to maximize their throw's distance and accuracy.

### Balance

Discus requires excellent balance to maintain control throughout the throwing motion.

### Coordination

Discus requires coordination between the athlete's upper and lower body to generate power and speed in the throw.

### Physical Fitness

Discus requires athletes to be in excellent physical condition. Power and Flexibility are critical for sustained performance throughout the competition.

### Mental Toughness

Discus is a physically and mentally challenging sport. Athletes must have the mental fortitude to push through fatigue, adversity, and pressure to perform at their best.



## KEY STAGE 3

# HOMework / SUPPORT / UNDERSTANDING

The key questions, key vocabulary & assessment level guidance below can all be used for Homework/Home learning on this topic

## Key Questions

What is discus throwing, and how is it different from other throwing events in athletics?

What equipment is used in discus throwing, and how is it designed to help athletes perform their best?

How does an athlete hold and release the discus, and what are some of the key techniques involved in throwing it effectively?

What muscles are used in discus throwing, and how do athletes train and condition their bodies to perform at a high level?

What are some common mistakes that beginner discus throwers make, and how can these be avoided or corrected?

What are the different phases of a discus throw, and what are some of the key elements that must be executed well to achieve a successful throw?

How are discus throws measured and scored in competitions, and what are some of the different metrics that are used?

What are some of the most important factors that can impact a discus thrower's performance, such as weather conditions, technique, and mental focus?

How do discus throwers prepare mentally for competitions, and what are some strategies they can use to stay focused and confident?

## Key Vocabulary

**Circle** – The ring that the athlete must stand in when throwing the discus.

**Coach** – The person who trains and advises the athlete.

**Discus** – A heavy, flat circular object that is thrown for distance in athletics.

**Distance** – The length of the throw, measured in metres.

**Fouls** – When a throw is ruled invalid due to breaking one of the rules of the event.

**Grip** – The way in which the discus is held in preparation for a throw.

**Personal best** – The best performance an athlete has achieved in a particular event.

**Power position** – The position the athlete must be in when the discus is released.

**Release** – The moment when the discus is released from the hand.

**Sector** – The area in which the discus must land for the throw to be counted.

**Spin** – A technique used to generate more power and distance when throwing the discus.

**Throw** – The act of releasing the discus.

**Warm-up** – Exercises done before competition to prepare the body for the event.

**Windup** – The movement used to build up momentum before the throw.

## Assessment Levels

### Things to look for when assessing:

**Grip:** Make sure it is secure and comfortable.

**Stance:** Check if the student's stance is balanced and stable, with feet shoulder-width apart and body weight distributed evenly.

**Windup:** Check if it is smooth, controlled, and generating enough momentum.

**Release:** Check if it is clean and in the correct power position.

**Distance:** What distance is the student throwing?

**Accuracy:** Check the student's ability to throw the discus within the sector, and whether they are consistently hitting a particular area or missing the sector entirely.

**Technique:** Assess the student's technique and look for any areas that need improvement, such as footwork, body alignment, or arm extension.

**Power:** Check if the student is generating enough power in their throw, or if they are relying too much on technique or speed.

**Consistency:** Observe the student's consistency in their performance and look for any patterns or trends in their throwing.

### GRADE 1-2

- Recall techniques in discus.

- Remember rules and regulations of discus.

- Understand the importance of a warm up and cool down.

- Understand how to measure distances.

### GRADE 3-4

- Apply a solid technique in discus.

- Apply goal-setting to training programmes.

- Apply tactics to enable the achievement of sound performance.

- Recognise/apply factors relating to effective performance.

- Apply a sound understanding of rules, regulations, and how to measure distances.

- Apply understanding of how exercise affects the body and can apply the principles.

### Grade 5-6

- Analyse your own technique or a peer's technique in discus.

- Apply/evaluate tactical awareness that enables the achievement of good performance.

- Execute skills effectively with consistency, precision, control and fluency.

- Secure knowledge of basic rules and regulations of competition, including the measurement of field events.

- Can lead a general warm up for others.

### Grade 7-9

- Create a training plan to achieve own goals.

- Execute advanced skills consistently in discus.

- Can develop practices in training sessions confidently.

- Can assess and improve other pupils' performances.

- Create your own athletic warm up drills.