

KEY STAGE 3

JAVELIN BASIC RULES & SKILLS

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



Basic Rules

Objective of Javelin

To **PULL** the Javelin (spear) as far as possible using the correct technique and without leaving the throwing area.
The athlete must start from behind the throwing arc and stay within the throwing sector.

Equipment / Weights of Javelin

The javelin used in competition must be made of metal and must have a minimum length of 2.2 meters.
Weights are different for each:
Year 7 – 9 Boys and Girls = 600g
Women = 600g
Men = 800g

Run-up and Throwing Technique

The athlete is allowed a maximum of 30 meters to accelerate before throwing the javelin. The athlete must hold the javelin by its grip and throw it overhand with one hand only. The javelin must be thrown above the shoulder level and towards the designated throwing area.

Fouls

A throw is considered a foul if the athlete steps on or over the throwing arc, or if the javelin lands outside the designated throwing sector. The javelin should ideally impact the ground with the tip first, but must not land tail first.

Measurement

The distance is measured from the front edge of the throwing arc to the point where the javelin first touches the ground.

Scoring

The winner is determined by the athlete who throws the javelin the farthest distance.

Throwing Technique

The throwing technique for javelin involves a series of coordinated movements designed to maximise the speed and power of the throw. Here are the basic steps:

Grip

Hold the javelin by the corded grip, with the index finger and middle finger placed above the cord and the thumb and other fingers gripping below it.

Approach

Begin by taking a few steps back from the starting line, then accelerate towards the line with a smooth, controlled run-up. The length of the run-up depends on the athlete's personal preference and can vary from 10 to 20 steps.

Plant

As the athlete reaches the throwing line, plant the front foot firmly in the ground and pivot the body to transfer the momentum into the throwing arm.

Wind-Up

Begin the wind-up motion by bringing the javelin behind the body, with the arm fully extended and the javelin pointing towards the ground.

Delivery

As the wind-up motion finishes, drive the back leg forward and lift the javelin upwards and forwards, keeping the elbow high and pointing towards the target. The release should happen as the arm reaches the maximum extension in front of the body.

Follow-Through

After the javelin has been released, follow through with the throwing arm and leg, maintaining balance and landing safely in the throwing sector.

Principles

Speed of Release

Important factor that determines how far the javelin will travel. A faster release speed generally results in a longer throw.

Height of Release

The release height should be high enough to allow the javelin to travel a long distance but not so high that it loses momentum.

Angle of Release

The optimal release angle is between 32 and 38 degrees. Try to throw through the line of the Javelin.

Key Pointers

Holding Javelin

The two main types of grip used in javelin throwing:

1. British Grip

This grip is held with the index finger and thumb placed above the cord and the other fingers gripping below it. The javelin is held in a vertical position and is released over the top of the shoulder during the throw.

2. Finnish Grip

The Finnish grip is also known as the underhand grip. In this grip, the javelin is held with the corded grip in the palm of the hand, with the index finger and middle finger placed below the cord and the thumb and other fingers gripping above it. The javelin is held in a horizontal position and is released by rolling it off the fingers during the throw.

Safety First

Look to ensure the throwing area is clear before commencing the approach. Wait for a whistle or "throw" command.

Number of Attempts

Each athlete is typically allowed three attempts to achieve their best throw.

Progressions

5-Stride Rhythm

The 5-stride rhythm in javelin is a technique used by some athletes during the approach phase of the throw. It involves taking five steps before reaching the throwing line and planting the front foot for the throw. Here are the basic steps:

Start the approach by taking two long strides with the non-dominant foot, followed by three shorter strides with the dominant foot.

During the approach, maintain an upright posture and a consistent pace.

As the athlete reaches the throwing line, plant the front foot firmly in the ground and pivot the body to transfer the momentum into the throwing arm.

Begin the wind-up motion by bringing the javelin behind the body, with the arm fully extended and the javelin pointing towards the ground.

Deliver the javelin using the throwing technique described earlier, focusing on generating maximum speed and power through the throw.

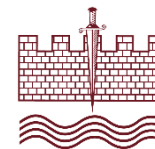
The 5-stride rhythm can help athletes optimise their approach and improve their accuracy and consistency in the throw.

Run-Up and Plant

Focus on improving the run-up and plant technique, focus on proper foot placement and weight transfer during the approach.

Full Throws

Once developed a solid foundation in grip, stance, footwork, balance, and plant technique, begin incorporating full throws into the training. This can include both standing throws and running throws, and should focus on building speed, power, and accuracy in the throw.



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 javelin?

What are the basic rules and regulations of javelin?

What is the proper technique for throwing a javelin?

What is the role of physical fitness and conditioning in javelin?

What are the different types of grips used in javelin?

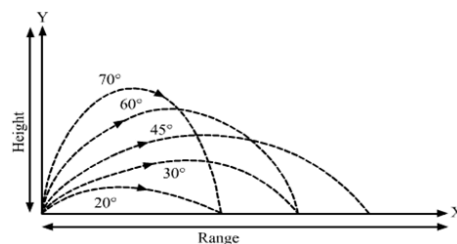
What are the common mistakes to avoid in javelin throwing?

How is a javelin throw scored and measured?

What are the common training drills for improving javelin performance?

What are the safety precautions that need to be taken during a javelin throw?

What is the importance of speed, angle, and height of release in javelin?



Key Vocabulary

Arc – The path that the javelin follows through the air after it is released.

Consistency – This is the technique and performance over multiple throws, indicating a solid grasp of the fundamentals of the sport.

Distance – The length of the throw, measured from the point of impact to the athlete's foul line.

Flight – The trajectory of the javelin through the air.

Foul – A throw that does not meet the rules and regulations of the sport, resulting in a penalty.

Grip – The way the athlete holds the javelin before throwing.

Javelin – A long, narrow spear that is thrown as a sport.

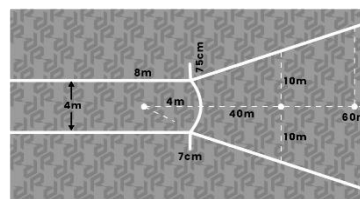
Measurement – The process of determining the distance of the throw, usually done with a tape measure.

Mental focus – Assess the thrower's mental focus and concentration throughout their performance. Mental preparation and focus can have a significant impact on the javelin performance, so it is important to ensure the thrower is mentally prepared and focused.

Release – The point at which the athlete releases the javelin.

Run-up – The distance the athlete runs before throwing the javelin.

Runway – The area where the athlete runs before throwing the javelin.



Track and Field Landing the Javelin

Assessment Levels

Things to look for when assessing:

Technique: Look for correct grip, run-up, release, and follow-through. The athlete should be using correct body positioning, arm movement, and footwork.

Distance: Look for the distance of the throw, which is measured from the point of impact to the athlete's foul line.

Run-up: Look for the athlete's run-up, which should be smooth and consistent, with the athlete building up speed and momentum as they approach the throwing line.

Follow-through: Look for the athlete's follow-through, which should be fluid and complete, with the athlete maintaining their momentum after the release.

Grade 3-4

- Apply sound techniques in a variety of athletic disciplines (Running, jumping, and throwing).
- 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.

Grade 5-6

- Analyse your own technique or a peer's technique in a variety of athletic disciplines (Running, jumping, and throwing).
- Demonstrate/evaluate technical performance across a variety of athletic disciplines.
- Apply/evaluate tactical awareness that enables the achievement of good performance.
- Execute skills effectively with consistency, precision, control, and fluency.
- Secure knowledge basic rules, regulations of competition, including: the measurement of field events.

Grade 7-9

- Create a training plan to achieve own goals.
- Analyse basic rules, regulations of competition, including: the measurement of field events.
- Secure knowledge of rules, regulations, different starts, and finishing depending on stroke being performed.
- Execute advanced skills consistently in a variety of athletic disciplines (Running, jumping and throwing).
- Can develop practices in training sessions confidently.
- Can assess and improve other pupils' performances.
- Create your own athletic warm up drills.