

Inclusion 2028

Para athletics

Throw It Challenge

Two challenges based on discus and shot.

What you need

- A variety of implements for throwing. For example:
 - bean bags, boccia balls, tennis balls or similar (shot)
 - indoor discus, frisbees, marker spots, (discus).
- A way of measuring the distance; measuring tape or just cones to mark each attempt.

How to play

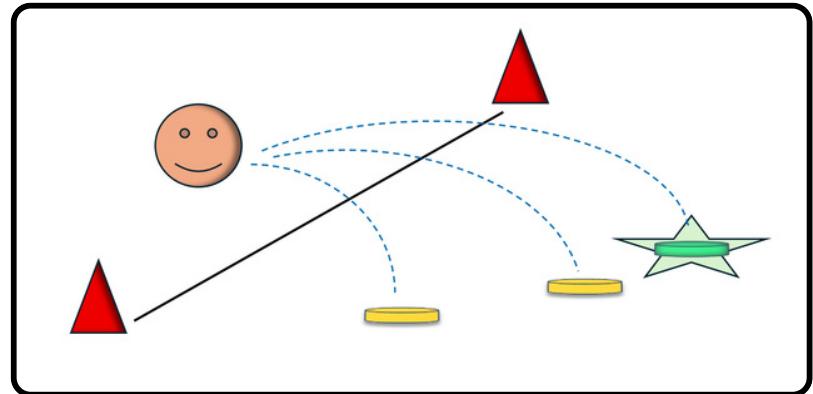
- Make a throwing line; athletes throw or send their discus or shot from behind this line.

Discus challenge

- Initially, athletes can throw their discus, frisbee or substitute in whatever way they can.
- As they progress, try throwing with the discus held cupped in the hand and throw with a swinging action.
- Athletes have 3 attempts. Measure or mark each throw with a cone. This shows the athlete what they have to beat next time.
- Ask the athletes how they might be able to throw further. For example, release the discus when the arm is fully extended.

Shot challenge

- Measure throws as for the discus challenge.
- At first, allow athletes to throw their shot (or substitute) in whatever way works for them.
- Move towards a pushing action with the shot held against the neck/chin (if practical).



Use the STEP adaptation tool to modify the activities

Space

- Some athletes may require an outdoor space to enable them to maximise their effort.

Task

- Allow athletes to throw in whatever way they prefer, but work towards the best technique for each athletics throw.
- Change the activity to a target game. Can an athlete throw an implement, or even drop it vertically, into a target.

Equipment

- Use larger, slightly heavier, or smaller, lighter implements depending on ability.

People

- Adapt the challenges to enable any athlete to participate. For example, the implement can be rolled or sent down a ramp.