Content outline
This activity is an introduction to Shot Put. It aims to provide the young person with activities to develop the basic techniques associated with the field event.

- Basic shot technique
- Grip
- Stance
- Follow-through

**Learning intention**

**Physical:**
- To develop the basic technique for shot put

**Personal:**
- Creativity
- Confidence

**Learning questions:**
- Identify 3 main technical points of shot put
- What advice would you give someone else performing this activity?
- What is the official weight of a shot put for your age group if you are competing?
- What are the current world records for shot put events?

**Space**
- If space is available, the distance item is being thrown can be increased.

**Equipment**
- Suitable space for throwing a ball is required
- Cones, or any objects which can act as markers
- What household items can you use to act as shot put? (Eg. Football or Tennis ball)

**Task**
- To make the task easier – move the target closer
- You can also increase the size of the target (e.g. Use a large bin)
- The distance being thrown can be adapted to make the task easier / more difficult
- Try switching your throwing arm to make the task more difficult
- You can also try throwing balls of different weights

**People**
- If other people are available, the activity can be performed within a competition
- If someone younger is working with you, what tips can you provide them to help them improve at this task?

More resources
www.youthsporttrust.org/this-is-PE