Content outline
These activities focus on the technical aspects of the field event, shot put. They aim to develop the basic knowledge of how to correctly perform the technique.
- Grip
- Stance
- Follow-through

This resource and supporting video have been created by: Chesney Ward, King Edward VI School

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

Learning intention
Physical:
- To demonstrate the correct technique for the shot put

Personal:
- Reflection
- Self analysis
- Review personal performance

Learning questions:
- Why do you need to flick your wrist on release of the shot put?
- Why do you need to start with your weight over your back leg?
- What factors influence the distance you can throw the shot put?
- What technical points can you identify for the shot put technique?
- How could you improve your technique?
- How can you increase the difficulty of these tasks?

Space
- If space is available, increase the distance from your target to make the task more difficult
- Decrease the distance from your target to make the task easier

Equipment
- Use household items to act as a shot put (e.g. rolled up socks, tennis ball)
- Use household items to act as markers (e.g. Towels or spare footwear)
- Increase / decrease the weight of your item to change the difficulty of the task
- What other items can you use which have similar characteristics to a shot put?

Task
- The activity can be repeated multiple times to attempt to improve starting performance
- Try to perform the technique with your non-dominant hand to create a more difficult task
- If limited space is available, can you adapt the task safely?
- Can you adapt these activities to create a competition?

People
- If you have another person in your house, you may be able to coach someone else the correct Shot Put technique
- If other people are available, the task could be performed within a competition

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