

Level 1 – Projection

Teaching Tips

Victorian Little Athletics Association

Projection

The Projection skill is related to all throwing events within Little Athletics. In this early stage, the position of the body relative to the projection target and the use of the body to generate force should be the major concern. Subsequent use of the throwing arm and implements is developed as the throw becomes more specific throughout the higher levels.

COMPONENT A:

- Eyes are focused forwards throughout projection.

Tips:

- Provide some sort of target for the children to focus on, ensure that target is far enough away to encourage maximum effort.
- Have children throw over an object.
- Use markings on the ground that encourage both distance and accuracy.
- If using a ball, ask the children to count how many times the ball bounces after it landed.

COMPONENT B:

- Stand side on to the target, non-throwing arm closest to target.

Tips:

- Simply ask the children to face towards a landmark so that they are in the side on position, left handed children face the other way.
- Ask children to hold the projectile in the hand they will use to throw it. Ask children to stretch this hand out behind them. Now ask them to stand side on, children will invariably stand with their throwing arm furthest away from the target, which is correct.
- Have children straddle a line or a skipping rope laid out on the ground.

COMPONENT C:

Throwing hand starts at shoulder level.

Tips:

- Once children are in the position ready to throw, if they look behind them the projectile object should be at eye level.

COMPONENT D:

- Step towards target with foot opposite throwing arm.

Tips:

- Ask children to step over a line or rope or into or out of a hoop to commence the throw.
- Use a ribbon to identify the correct stepping foot.

COMPONENT E:

- Rotate hips first, then shoulders in the direction of the throw.

Tips:

- Stand behind the child and softly/lightly resist their throwing hand as they commence the throw.
- Explore throwing from a sitting position, then kneeling then the correct side on stance.

COMPONENT F:

- Throwing arm follows through down and across the body.

Tips:

- Ask children to brush their opposite hip to their throwing arm as they complete the throwing action.

Level 1 – Projection

Session Plan 1

Victorian Little Athletics Association

- Components**
- A. Eyes are focused forwards throughout the projection.
 - B. Stand side on to the target, non-throwing arm closest to target.
 - C. Throwing hand starts at shoulder level.
 - D. Step towards target with foot opposite throwing arm.

WARM-UP (10 MIN)

Scarecrow Tiggy

- Equipment** Cones, Whistle
- Space** Wide open area/boundaries set out
- Formation** 2 children are taggers and the rest are scattered
- Instructions** Children run around in the square and when tagged, they have to freeze with their arms stretched out and legs apart. To be freed someone has to crawl through their legs.
- Variations** Children perform different stances in the freeze position eg. a shot putter, discus thrower

SKILL ACTIVITIES (20 MIN)

Knock Them Over

- Equipment** Lots of bean bags or soft toys, lots of plastic bottles
- Space** Wide open area
- Formation** Groups of 3, 5m away from plastic bottles
- Instructions** Set up a series of targets in ten pin bowling format. 1 child replaces the bottles as they are knocked over and calls out the points scored. The other 2 children throw the ball towards the targets.

Crossing The Line

- Equipment** 1 skipping rope per pair
1 hoop
3 bean bags
- Space** Wide-open area
- Formation** Pairs up one end with hoops 5-10m away
- Instructions** The first child picks up a beanbag from behind, steps forward over the line and attempts to throw the beanbag into the hoop at the other end. When the first child has completed all 3 attempts, their partner has a turn.

MODIFIED COMPETITION (10 MINS)

Fill The Square

- Equipment** 6 beanbags and 4 cones per pair
- Space** Wide, open area
- Formation** Pairs
- Instructions** Have 5m square areas marked out for each pair. Number the children 1 and 2 and give 6 beanbags to each pair. On 'GO', all the 1's throw their 3 beanbags to land in a square area positioned a set distance away. Then all 2's have a turn to throw their 3 beanbags. The number of bean bags that land in the hoop are then counted and the pair that has the highest number wins.
- Variations** Children compete individually or on a team basis such as Team 1 and Team 2. Children establish a personal best for the greatest number of successive throws that land in the hoop.

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Session Plan 2

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- Components**
- A. Eyes are focused forwards throughout the projection.
 - B. Stand side on to the target, non-throwing arm closest to target.
 - C. Throwing hand starts at shoulder level.
 - D. Step towards target with foot opposite throwing arm.

WARM-UP (10 MIN)

Jockeys

Equipment None

Space Wide open area

Formation In pairs with partner of similar height, group forms a circle. Person in front is the 'horse' and the person behind is the 'jockey'.

Instructions Children respond to the following commands:

- (1) 'Jockeys racing' – jockey runs around the outside of the circle and back to place
 - (2) 'Horses racing' – horses crawl through jockey's legs, run around back of circle and return to place
- 'Melbourne Cup' – grab partners hand and run twice around circle and back to place.

SKILL ACTIVITIES (20 MIN)

Golf Throws

Equipment 1 bean bag per person, 10 or so hoops

Space Large grass area

Formation Groups of 2. Hoops set out in random order to form 'golf holes'. Children standing in hoops.

Instructions First child 'tees off', by stepping out of their hoop and throwing towards their designated 'golf hole'. When close enough, children throw under arm to put their bean bag into the hole. Each pair keep count of the number of throws. Children follow a set course of 'holes'. On reaching the final hole they add up their score. Each 'tee off' must be made from stepping out of a hoop (component D).

Shoot and Score

Equipment 6 bean bags per person, 3 hoops per group, rope

Space Large defined grass area

Formation Lay rope on the ground. Hoops set out at different distances from the rope. Groups facing their hoops.

Instructions Hoops are placed at different distances and numbered 10, 20, 50 etc. Each child has two throws and try and land on the targets marked by the hoop. Points are tallied for each group.

MODIFIED COMPETITION (10 MINS)

Knock Down

Equipment 10 cones or pins per group. Lots of balls or bean-bags.

Space Wide, open area

Formation 2 even groups

Instructions Children from the first group aim to knock down the cones that are placed a set distance out in front, scoring a point for each knock down. Tally up points. The second group then has a turn aiming to beat the other teams score.

Variations Both groups go at the same time to see how many can be knocked down in a set time.

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Session Plan 3

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- Components** E. Rotate hips first, then shoulders in the direction of the throw.
F. Throwing arm follows through down and across the body.

WARM-UP (10 MIN)

Pick A Number

Equipment None

Space Large defined grass area

Formation Lines of 4-8 people numbered 1,2, 3, 4 etc

Instructions The leader calls out a number and all children with that number run around their team and back to their place.
The first person back gets a point for their team. The leader can call out more than one number at a time.

Variations Leader calls out 'Everyone' and children run to a designated point and back again.
First group back wins.

SKILL ACTIVITIES (20 MIN)

Into the Square

Equipment 4 cones per group of 4, 1 bean bag or soft ball per child

Space Wide open area

Formation Groups of 4. Children stand behind a line 10m away from their square target zone.

Instructions Using the cones mark out a 3m square for each group. Children stand behind the throwing line. On 'GO', children attempt to throw the beanbag or ball into their square.

Variations Place a hoop in the middle of each square to act as a bull's eye target. Have children step into a hoop or over a line with their front foot as they throw.

Turn And Reach

Equipment 4 beanbags per group

Space Wide open area

Formation In pairs across a line 3m apart from each other

Instructions The child who is starting, stands arms distance from outstretched arm of their partner who holds a beanbag in that hand. On 'GO', the thrower reaches back and takes the beanbag out of their partner's hand and follows through with a projection throw. After all 4 beanbags have been thrown, collect and swap over so your partner has a turn.
Repeat until each child has had several turns.

MODIFIED COMPETITION (10 MINS)

Target Practice

Equipment 4 balls per group, chalk

Space Wide open area, Wall

Formation Groups of 4 10m from each other

Instructions The first child from each group picks up a beanbag and throws it at a square target on the wall. After each child has had 4 throws the scores are tallied and places awarded.

Variations Draw different shapes on the wall such as the outline of their bodies and use the outline as a target.
Have a container of water close so children can dip their balls in to leave a wet mark on the wall.

Level 1 – Projection

Session Plan 4

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- Components** E. Rotate hips first, then shoulders in the direction of the throw.
F. Throwing arm follows through down and across the body.

WARM-UP (10 MIN)

What Ever

Equipment None

Space Large defined grass area

Formation Standing in a large circle

Instruction Children begin to walk clockwise. The children have to respond to the leaders commands eg: Skip, Sprint, Clockwise, Anti-clockwise, Scattered. On 'Scattered' the children can run anywhere within the defined area.

SKILL ACTIVITIES (20 MIN)

Clear the Bar

Equipment 3 bean bags per group. High jump uprights and a flexi-bar or cross bar.

Space Wide open grassed area

Formation 3 even lines in a single file

Instructions The first child of each line step up to the start line and throw the bean bag over the flexibar. When the first 3 children have finished, the next 3 have a turn.

Variations have the children step out of a hoop and throw over the bar or reach back to grab a bean bag out of a partners hand before throwing over the bar. Have one end of flexibar higher than the other so that children can choose their own level of difficulty.

Bumper Beans

Equipment 3 bean bags per person (but different colours for each team), cones

Space Wide open grass area

Formation 2 even groups 20m apart lined up facing each other, with cones placed to mark out a narrow rectangle zone down the middle of the groups.

Instructions On the whistle the children pick up their bean-bags, 1 bean bag at a time, and attempt to throw them into the rectangle. The group with the most bean-bags in the rectangle at the end are the winners.

MODIFIED COMPETITION (10 MINS)

Turn and Reach Relay

Equipment 8 bean-bags per group

Space Wide open grass area

Formation Groups of 4, 2 at each end, 3m from other pairs.

Instructions The child who is starting, stands 1m in front of their partner who extends a straight arm out holding the bean bag. On 'GO', the thrower reaches back and takes the bean-bag out of his or her partners hand and throws it towards the area marked by cones at the other end. Once their bean-bag has landed, the second child has a go and so on until all bean-bags have been thrown. The sequence is that of a relay race.