

LESSON 1: SHOT PUT

Grade-Level Outcomes

Primary Outcome

Individual-performance activities: Demonstrates correct technique for basic skills in 1 self-selected individual-performance activity. (S1.M24.6)

Embedded Outcome

Accepting feedback: Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. (S4.M3.6)

Lesson Objectives

The learner will:

- learn how to use correct form to throw the shot effectively and safely.
- know the rules for throwing the shot.

Equipment and Materials

- Enough softballs for each set of partners or groups
- Open area large enough for multiple students to throw
- 1 or 2 shots, 6 to 8.8 pounds (2.7 to 4 kg), based on age

Introduction

During our Track and Field Module, we will learn a variety of events. The shot put is a field event in which throwers attempt to throw, or put, the shot as far as they can in one throw. There are a couple ways to do that, but we will work on the glide approach. Even though the shot is about the size of a softball, it's much heavier. You will learn the correct way to perform this throw to get the most distance and, most important, keep yourself safe. When performing this event, it's very important that the area around you is clear and that you perform the throwing motion correctly. Make sure to ask questions when you have them.

To increase interest, show students a video clip of students performing the shot put.

Instructional Task: Throw the Shot With Correct Form

■ PRACTICE TASK

Students throw a softball using correct shot put form, rotating a half turn (spin), or 180 degrees.

In pairs, have students throw the softball to general space while you offer corrective feedback on the cues as needed. After all have thrown, have each student collect a softball and give it to the next person. This group goes when all are ready.

Repeat as long as needed.

Remind students of the importance of throwing with correct form and keeping the elbow up, with the shot next to the jaw and neck to prevent injury. They should not throw the shot like a softball.

Refinement

Each time a student throws, give out one or two cues for correcting form. Challenge students to focus on addressing at least one of the cues to improve performance.

EMBEDDED OUTCOME: S4.M3.6. This is a good opportunity to emphasize the importance of taking responsibility for improving performance by using feedback.

Have students record their partners' performance on video and critique it together using a cue sheet.

Student Choices/Differentiation

- If students struggle to complete all the steps, have them try rotating 90 degrees, focusing on last cues.
- If you notice that many students are struggling and their partners are not able to give helpful feedback, limit the number of students throwing to provide feedback to each student.
- Students choose partners.

What to Look For

- Do students face the opposite direction of the throwing area?
- Do students hold the shot with finger pads and fingers (not the palm) next to neck and jaw?
- Do students keep the preferred-arm elbow out away from the body?
- Do students keep the preferred-leg knee in front and bent, with the other leg out and extended?

The Put

- As students turn, do they extend the legs and rotate the hips, keeping the elbow up and away from the body?
- As the hips rotate square, do students extend the throwing arm forward and up so the hand finishes slightly above head level?

Instructional Task: **Using the Glide Approach to Throw the Shot**

■ PRACTICE TASK

As students are successful, have them move to practicing the glide approach.

Refinement

Each time a student throws, a partner will provide feedback on one or two cues. Challenge students to focus on correcting one of the cues to improve performance if needed.

Student Choices/Differentiation

Students can continue to practice the previous task if they aren't ready to move on to the glide.

What to Look For

- Is the dominant leg forward while the non-dominant leg remains extended back in the air until the glide is complete?
- Do students skim across to the center of the circle?
- Does the dominant leg pull back to a flexed position under the body at the center of the circle to complete the rest of the throw?

Instructional Task: **Using a 180-Degree Turn With a Weighted Shot**

■ PRACTICE TASK

Using the shot, have students use the first practice task technique, with no gliding, to throw the shot.

Extensions

- Add the glide if students are ready.
- Have students video-record themselves and assess their technique based on how they performed the critical elements.

Student Choices/Differentiation

Allow students a choice of shot or softball.

What to Look For

- Refer to first practice task cues.
- It's very important that the thrower does not drop the elbow and keeps the shot next to the jaw and neck until the upward push occurs.

Note: Make sure all critical elements of the throw are achieved before moving to the weighted shot.

Formal and Informal Assessments

- Peer observation of the throw based on critical elements
- Self-reflection and evaluation based on video

Closure

- Ask students if they enjoyed throwing today and why it is important to use correct form when throwing the shot.
- Review the cues and let students know what you observed that went well and some overall tips for what to remember if you work on this later.

Reflection

- Were students using correct form with their arm motion to keep themselves safe?
- How many students were successful at rotating 180 degrees?
- Of students who moved on to the glide, what parts were they struggling with?
- Was the number of students throwing at one time manageable, and was there adequate space to do this?

Homework

Watch a video of a shot put competition. Pay attention to the types of throws competitors use and how they use their bodies throughout the throw.

Resources

American Sport Education Program. (2008). *Coaching youth track and field*. Champaign, IL: Human Kinetics.

Dougherty, N.J. (Ed.) (2010). *Physical activity & sport for the secondary school student*. 6th ed. Reston, VA: National Association for Sport and Physical Education.

Internet keyword search: "shot put," "glide technique shot put"