

What should I already know?

- The effect exercise has on my body.
- Identify techniques I can use to improve my performance.
- The importance of cooling down after exercise.

Gems of Knowledge

Procedural Knowledge -

- Successfully perform the pull throw.
- Successfully carry out an over arm throw for distance.
- Refine my technique to increase the power of my throws.



Declarative Knowledge -

- Understand that the pull throw is used in many other sports such as netball, cricket and handball and apply these skills to javelin.
- Understand and explain why we use foam Javelins.



Throwing - Pull Throw

Vocabulary

<p><u>Pull throw</u> - Using an over the shoulder movement to send an object.</p>		<p><u>Javelin</u> - A spear that is thrown in athletic field events. In school we will use foam javelins.</p>	
<p><u>Distance</u> - How far away something is.</p>		<p><u>Force</u> - Using all of the power in your body to make send an object as far/high as you can.</p>	
<p><u>Techniques</u> - Methods we can use to do something.</p>		<p><u>Apply</u> - Use skills that you have learnt before in a new situation.</p>	