

INTRODUCTION TO SHOT PUT

- (1)Standing ShotPut**
- (2)Glide ShotPut**
- (3)Rotational ShotPut**

Throwing: Standing Shot Put

Pupil
Task Card
STAGE 2

The Task

- In pairs or small groups **observe** each other's **standing shot put technique**.
- After a few **practices**, discuss what you each observed, providing **feedback** on the key points shown opposite.
- If anyone was unsuccessful in achieving one or more of these movements, consider what they could do to help improve this (i.e. slow the movement down or focus on that one element).
- Later, share your **feedback** with the teacher on if and how the **standing shot put technique** improved throughout the lesson.

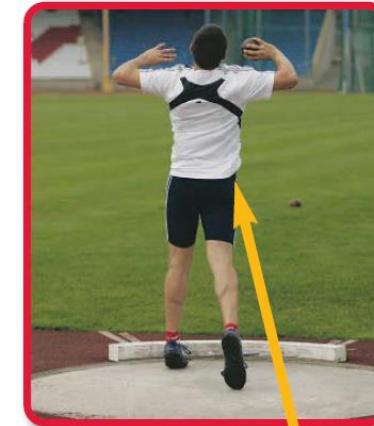
Turn shoulders
away from direction
of the throw



Keep the elbow
high throughout



Push right
arm long and high,
extending at elbow



Left toes in line
with the heel of the
right foot



Chin-Knee-Toe
(Power Position)



Drive and turn
the right hip up
and forwards



Throwing: Standing Shot Put

Pupil
Task Card
STAGE 3

Stance – Power Position (Chin, Knee, Toe)

Movement – Transfer of Body Weight

Delivery & Release



- Demonstrates a Chin, Knee, Toe (Power Position)
- Back is to the direction of the throw
- Shot put placed under the chin and against the neck
- Elbow is kept high

- Keeps the throwing elbow high throughout the movement
- Pushes off the back leg
- Transfer body weight from the right leg to the left leg
- Moves from 'Low to High'

- Keeps the left arm high in the delivery phase
- Pushes the right arm long and high
- Extends at the elbow, then wrist
- Flicks with the fingers to finish

Common Technical Faults

1. Elbow is low throughout the throw
2. Hips are too far back in the 'Power Position'

Potential Corrections

Place the shot into the neck and just under the chin, keeping the elbow high.
Once in the Power Position ask the pupil to tuck their hips underneath their body.

Using the information above and your observations, identify two **strengths** of the pupil you observed.

- 1.
- 2.

Based on your recorded observations, identify one area of **suggested development** and how this could **improve performance**.

Development:

Impact:

Encourage pupils to use the Pupil Observation Model
[Click here](#)

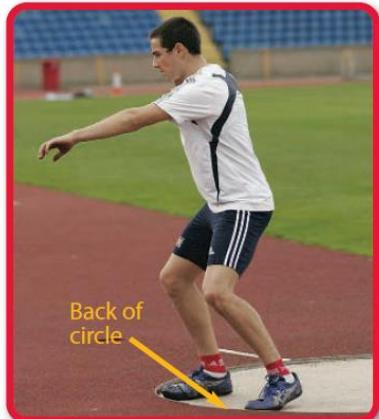
Throwing: Glide Shot Put

Pupil
Task Card
STAGE 2

The Task

- In pairs or small groups **observe** each other's **glide shot put** technique.
- After a few **practices**, discuss what you each observed, providing **feedback** on the key points shown opposite.
- If anyone was unsuccessful in achieving one or more of these movements, consider what they could do to help improve this (i.e. slow the movement down or focus on that one element).
- Later, share your **feedback with the** teacher on if and how the **glide shot put** **technique** improved throughout the lesson.

Hold the shot
under the chin and
against the neck



Keep the elbow
high throughout



Push right arm
long and high,
extending at elbow



Start at rear
of circle keeping hips
& shoulders square
to the back

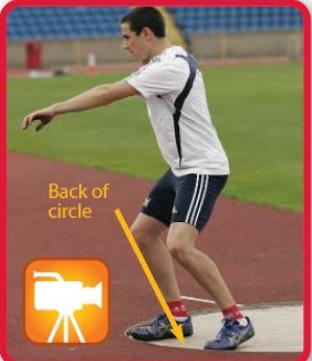
Drive the hips
towards the front of
the circle before the
shoulders

After glide: land
in 'power position' with
shoulders well back

Throwing: Glide Shot Put

Pupil
Task Card
STAGE 3

Preparation



- Starts at the rear of the circle with back to direction of throw
- Keeps hips and shoulders square to the back of the circle
- Draws left leg into a crouch position



Glide



- Shifts body weight backwards over the right heel
- Drives the hips towards the front of the circle
- Push through the ball of the right foot
- Pull right foot quickly underneath the body
- Land in the 'Power Position'

Delivery & Release



- Drives and turns the right hip up and forwards over the straightening left leg
- Right arm punches long and high, after a full extension of the legs and trunk
- Keeps the elbow high throughout the throw
- Pushes the right arm long and high in delivery



Common Technical Faults

1. Body weight is too far forward on landing
2. Unable to drive right hip forwards on delivery

Potential Corrections

Ensure the weight is on the back foot when landing and the hips are ahead of the shoulders.
Land in the 'Power Position' (with correct feet spacing) after the glide to ensure good body positioning.

Using the information above and your observations, identify two **strengths** of the pupil you observed.

1.

2.

Based on your recorded observations, identify one area of **suggested development** and how this could **improve performance**.

Development:

Impact:

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Throwing: Rotational Shot Put

Pupil
Task Card
STAGE 2

The Task

- In pairs or small groups **observe** each other's **rotational shot put** technique.
- After a few **practices**, discuss what you each observed, providing **feedback** on the key points shown opposite.
- If anyone was unsuccessful in achieving one or more of these movements, consider what they could do to help improve this (i.e. slow the movement down or focus on that one element).
- Later, share your **feedback** with the teacher on if and how the **rotational shot put technique** improved throughout the lesson.

Start at rear
of circle with hips &
shoulders square to
the back



First step: drive
and rotate right hip
forward across
the circle



Land on the ball
of the right foot and
keep it rotating
anticlockwise



Start throw
by rotating left heel
inwards and turning on
ball of the foot

Take a low running
stride to the middle
of the circle

Land in the
'power position' with
shoulders back

Throwing: Rotational Shot Put

Pupil
Task Card
STAGE 3

Preparation



- Starts at the rear of the circle with back to direction of throw
- Starts by rotating the shoulder away from direction of rotation
- Turns on the ball of left foot, rotating the heel inwards to start the movement

Rotation



- Keeps hips and legs rotating forwards, ahead of the shoulders
- Takes a low running stride to the middle of the circle
- Stays low during rotation
- Lands on the ball of the right foot and keep it rotating



Delivery & Release



- Lands in the 'Power Position'
- Drives the hips forwards and upwards
- Keeps the elbow high throughout the throw
- Pushes the right arm long and high in delivery

Common Technical Faults

1. **Body weight is too far forward on landing**
2. **Unable to drive right hip forwards on delivery**

Potential Corrections

Ensure the weight is on the back foot when landing and the hips are ahead of the shoulders.
Land in the 'Power Position' (with correct feet spacing) after the glide to ensure good body positioning.

Using the information above and your observations, identify two **strengths** of the pupil you observed.

1.

2.

Based on your recorded observations, identify one area of **suggested development** and how this could **improve performance**.

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