

# INTRODUCTION TO DISCUS

**(1) Standing Discus Throw**

**(2) Rotational Discus Throw**

# Throwing: Standing Discus Throw

Pupil  
Task Card  
STAGE 2

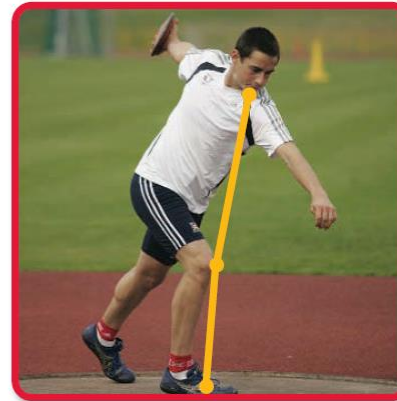
## The Task

- In pairs or small groups **observe** each other's **standing discus throw 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 discus throw technique** improved throughout the lesson.

Discus rests  
across finger pads  
(DO NOT GRIP)



Turn right hip and  
leg to the front to  
start the throw



Pull arm through  
long, fast and last



Left toes in line  
with the heel of the  
right foot

Chin-Knee-Toe  
(Power Position)

Releases off  
the index finger and  
not out the back of  
the hand

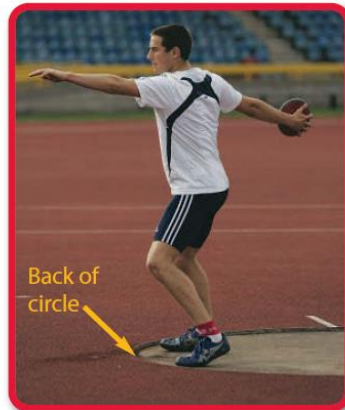
# Throwing: Rotational Discus Throw

Pupil  
Task Card  
STAGE 2

## The Task

- In pairs or small groups **observe** each other's **rotational discus throw 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 discus throw technique** improved throughout the lesson.

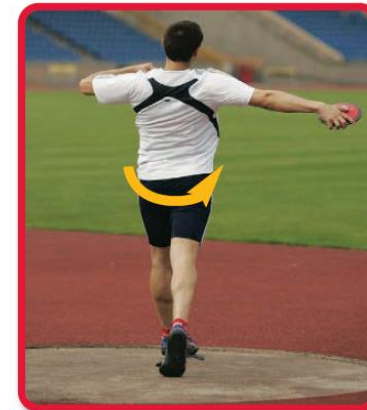
Wind the upper  
body back, keeping the  
discus around shoulder  
height



Take a running  
stride to the middle  
of the circle



Keep the arm  
'long and relaxed'  
throughout  
the throw



Move body weight  
onto ball of left foot,  
which turns in direction  
of throw

Keep the right foot  
turning as it lands in the  
centre of the circle

Release off the index  
finger and not out the  
back of the hand



# Throwing: Standing Discus

**Pupil  
Task Card**  
STAGE 3

## Grip and Hold



- ☐ Spreads the fingers comfortably across the discus
- ☐ Rests the discus across finger pads
- ☐ Does not grip the discus

## Preparation



- ☐ Stands side-on, with feet just over shoulder width apart
- ☐ Toes of left foot in line with heel of right foot
- ☐ Hips are tucked underneath the body and not push out behind
- ☐ Swings discus back in preparation for the throw

## Movement – Transfer of Body Weight



- ☐ Keeps the hand on top of the discus.
- ☐ Keeps the arm 'long and relaxed' throughout the throw
- ☐ Pulls the arm through fast and last

## Delivery & Release



- ☐ Leads with the thumb
- ☐ Releases off the index finger

## Common Technical Faults

1. Brings the arm through too early and too low
2. Hips are too far back in the 'Power Position'

## Potential Corrections

Leave the arm back and bring through fast and last, releasing at roughly shoulder height.  
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: Rotational Discus

Pupil  
Task Card  
STAGE 3

## Preparation



- ☐ Stands at the rear of the circle, back to the direction of the throwing area
- ☐ Winds the upper body back, keeping the discus around shoulder height
- ☐ Keeps the body weight centred when winding up the body

## Turn



- ☐ Uses an anticlockwise turn to rotate towards the middle of the circle
- ☐ Body weight is on the ball of left foot when rotating
- ☐ Take a running stride to the middle of the circle

## Delivery



- ☐ Keeps turning on the right foot when landing in the centre of the circle
- ☐ Lands in the Power Position prior to releasing the discus
- ☐ Pulls the arm through fast and last

## Release



- ☐ Leads with the thumb
- ☐ Releases off the index finger

### Common Technical Faults

1. Brings arm through too early and too low
2. Lands off balance after rotation

### Potential Corrections

Leave the arm back and bring through fast and last, releasing at roughly shoulder height.  
Start off practicing a half turn and gradually build to a full turn. Focus on landing in the 'Power Position'.

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**  
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