LEVEL A WEIGHT TOSS WITH WIND-UP

TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.

2. Your wind-up movement should go from slow to very fast.

3. Use your hips and legs to help make your throw stronger.

4. Make sure you position your arms correctly.

5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).

6. Hold your position.

7. Look straight ahead so you don’t lose your balance.

8. Throw the object up into the air at an angle (like a rainbow).

Developed by Mélanie Guy, Physical Education teacher, with the collaboration of Anne-Marie Loiselle, Guidance Counsellor.
LEVEL B WEIGHT TOSS

SIDE-STEP OR CROSS-STEP

1. Approach
2. Side-step
3. Drive
4. Projection
5. Recovery

TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.

2. Your wind-up movement should go from slow to very fast.

3. Use your hips and legs to help make your throw stronger.

4. Make sure you position your arms correctly.

5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).

6. Hold your position.

7. Look straight ahead so you don’t lose your balance.

8. Throw the object up at an angle (like a rainbow).
LEVEL C WEIGHT TOSS

STATIONARY

TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.

2. Use your hips and legs to help make your throw stronger.

3. Make sure you position your arms correctly.

4. Hold your position.

5. Look straight ahead so you don’t lose your balance.

6. Throw the object up at an angle (like a rainbow).
## LEVEL A RING TOSS

### WITH ROTATION

<table>
<thead>
<tr>
<th>1. Approach</th>
<th>2. Swing and push-off: Rotation</th>
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<tbody>
<tr>
<td>![Image 1]</td>
<td>![Image 2]</td>
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<table>
<thead>
<tr>
<th>3. Drive</th>
<th>4. Final and Recovery</th>
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</thead>
<tbody>
<tr>
<td>![Image 3]</td>
<td>![Image 4]</td>
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</tbody>
</table>

### TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.

2. Your wind-up movement should go from slow to very fast.

3. Use your hips and legs to help make your throw stronger.

4. Make sure you position your arms correctly.

5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).

6. Hold your position.

7. Look straight ahead so you don’t lose your balance.

8. Throw the ring up into the air at an angle (like a rainbow).
LEVEL B RING TOSS

SIDE-STEP OR CROSS-STEP

1. Approach
2. Side-step
3. Drive
4 and 5 Final and Recovery

TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.

2. Your wind-up movement should go from slow to very fast.

3. Use your hips and legs to help make your throw stronger.

4. Make sure you position your arms correctly.

5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).

6. Hold your position.

7. Look straight ahead so you don’t lose your balance.

8. Throw the ring up into the air at an angle (like a rainbow).

Rubber ring

Developed by Mélanie Guy, Physical Education teacher, with the collaboration of Anne-Marie Loiselle, Guidance Counsellor.
LEVEL C RING TOSS

STATIONARY

1. Visualize your throw.

2. Your wind-up movement should go from slow to very fast.

3. Use your hips and legs to help make your throw stronger.

4. Make sure you position your arms correctly.

5. Hold your position.

6. Look straight ahead so you don’t lose your balance.

7. Throw the ring up into the air at an angle (like a rainbow).
LEVEL A JAVELIN THROW

WITH RUNNING START AND CROSS-STEP

TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.

2. Your wind-up movement should go from slow to very fast.

3. Use your hips and legs to help make your throw stronger.

4. Make sure you position your arms correctly.

5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).

6. Hold your position.

7. Look straight ahead so you don’t lose your balance.

8. Throw the object up into the air at an angle (like a rainbow).
LEVEL B JAVELIN THROW

WITH 1 CROSS-STEP (OR HOP)

3. HOP or side-step 4 and 5 Movement backward, then forward, release and recover

TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.

2. Your wind-up movement should go from slow to very fast.

3. Use your hips and legs to help make your throw stronger.

4. Make sure you position your arms correctly.

5. Move through the parts of your throw smoothly. (wind-up, stance, stretch, recovery).

6. Hold your position.

7. Look straight ahead so you don’t lose your balance.

8. Throw the object up at an angle (like a rainbow).

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LEVEL C JAVELIN THROW

Phases 4 and 5: Movement backward, then forward, release and recover.

TECHNIQUES FOR A SUCCESSFUL THROW

1. Visualize your throw.

2. Use your hips and legs to help make your throw stronger.

3. Make sure you position your arms correctly.

4. Hold your position.

5. Look straight ahead so you don’t lose your balance.

6. Throw the javelin up into the air at an angle (like a rainbow).

Developed by Mélanie Guy, Physical Education teacher, with the collaboration of Anne-Marie Loiselle, Guidance Counsellor.
HOW TO HOLD A JAVELIN

300 gram javelin suitable for elementary students