

# ACTIVITY SHEETS

## FOAM JAVELIN

### **TRADITIONAL USE:**

Foam Javelin is traditionally used as a progressive training aid for competition javelin throwing. It provides a soft and safe alternative to a fibreglass javelin while allowing students to appreciate correct techniques. Great wet weather alternative for athletics training in the gym.

### **OTHER APPLICATIONS:**

Overhand throw activities  
Throw and catch techniques

### **INDIVIDUAL, PARTNER OR GROUP ACTIVITIES:**

Set students up in a line and place four hoops at varying distances. Students score points for the amount of times their javelin lands inside a hoop. Hoops should have different point values.

### **TABLOID SPORT ACTIVITIES:**

Use three or four groups with six students in each. Students are to be set up in a relay configuration. The foam javelin is thrown to the opposite line. The thrower then runs to the back of the line until all students have thrown. Obstacles such as a net can be placed between the lines to enhance aim and trajectory.

Longest throw competition

### **SUGGESTED ACTIVITIES/GAMES:**

#### **Javelin Golf:**

Divide into pairs, and set up a course with hoops and corner flags with numbers. Students are to keep throwing the javelin until they land in hoop. Scores are kept in accordance with golf scores.

#### **Hit The Target:**

Two lines of five students stand opposite one another. Scatter twelve hoops between them with numbered PVC markers. Students are to throw their javelin towards the hoops. When retrieving their javelin they score points as to where their javelin landed. Scores are totalled after two