

# » Launcher

The Launcher develops hand-eye coordination as well as strength and the understanding of the importance of technique.

*'Can you get the angle spot-on for maximum height?'*

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## » WARM UP IDEA: ROCKETS

- Children asked to find a partner then an Agility Mat
- They must 'Set engines running' – jog on the spot, 'Build up boost' – sprint on the spot, then 'Launch' – move to a mat of a different colour

» **BUILD IT UP** Agility Mats are spread out along one side of the hall with cones facing up to 4 metres away. Children asked to form groups of four, lining up behind the cones. Each group is given a Soft Javelin and Bean Bag...

Each child will attempt each stage before moving to the next. Children told when to throw and retrieve by blast of the squeezey whistle. Emphasis should be on accuracy and not distance

1

Overarm throw of a bean bag at the Agility Mat.  
Pass to the next member.

2

Introduce Javelin and show how to hold it before throwing  
Pass to the next member.



3

Introduce correct stance and technique including the pointing role of the spare arm before throwing.  
Pass to the next member.

4

Introduce the correct angle for before throwing.  
Pass to the next member.



## » TAKE IT FURTHER

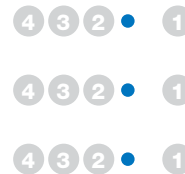
- Target Throwing – set out a javelin course involving targets on the floor and walls
- Try throwing with your other hand

## » TEAM RELAY

- Children split up into teams, lining up behind a cone
- For each team – A mat is placed placed up to 5 metres away
- From standing, Member 1 must try to hit their mat with the javelin before retrieving on the teachers signal and passing to member 2
- A point is scored for a hit, with each team member having two attempts
- The team with the most points are the winners

### Body Aware

- Whole body action ends with the arm
- Focus is forwards and out
- During the throw, the body weight shifts from back leg to front
- Point in the direction of the throw



## » THE INFANT ATHLETE - LAUNCHER ACTIVITY

- The Launcher stands on an Agility Mat and has 3 attempts at throwing the Javelin as far as possible
- The distance is measured using mats placed at, for example, 1, 2, 3, 4 and 5 metres
- Their best throw (in metres) is counted as their score

### You will need:

- 3 Soft Javelins • Squwhistle • Agility Mats

## » RECOMMENDED LAUNCHER LEVELS

A child becomes an Infant Athlete – Launcher when they can achieve the following distances:

Reception	4 metres
Year 1	5 metres
Year 2	6 metres