

# Athletics - Run Jump Throw

## Progressions and activities



## Running

### Running with good style

- Run with head still and looking straight ahead
- Short arm action, (capital L shape) brushing hips and coming up to the eye level, arms not crossing the body but a nice smooth rocking motion.
- Run “tall” on balls of feet, try to grow a few cms
- Relaxed hands
- Slight body lean
- Use skipping to practice technique

### Standing start: Commands

“On your marks...”



“Set”



“Gun”...



#### 1. On your marks

Move to start line, place one foot forward (toes just behind line), weight on front foot, heel lifted on back foot and stand up straight, arms by side, looking straight ahead

#### 2. Set

Bend knees, all weight over front foot, take body forward, and bend both arms with opposite arm to front foot forward

#### 3. Gun / Whistle / Clap

Pull back foot through fast, push off on front foot, use arms and legs vigorously

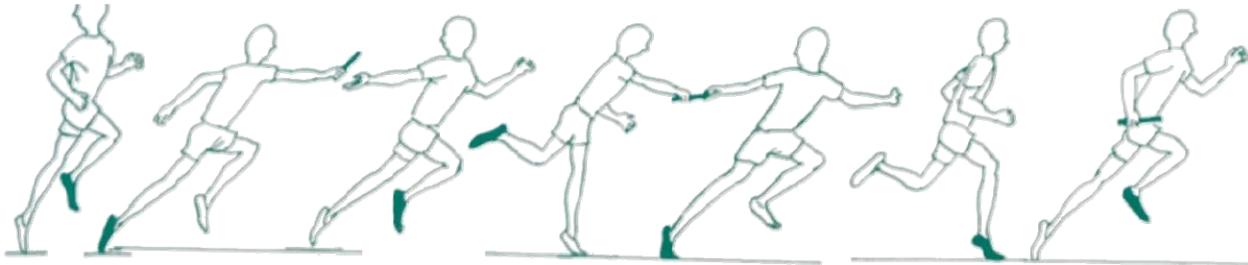
**Make sure both feet are facing forward, correct arm or both arms are in front and the fast leg at the back (stand and fall test)**



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## Visual Baton Change – Relays

- Look back at the person giving the baton (visual changes), left foot in front
- Palm of hand facing up “Money please”
- Person with baton holds it like an ice cream
- Place baton down in to the palm of the next runner (big target)



### Running activities and games from the Fundamental Skills manual

Page	Name
29	Running free
30	Korero Kiri
31	Running Journey
36	Fast cars
32	Changing Speed
33	Half and half relays
34	Firefighters bucket
40	Rob the Nest
38	Radishes and raisins
39	Quick starts
43	Colour or number run

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### Relays/Games for running from the Run Jump Throw manual

Page	Name
43	Christmas Tree
43	Under the Rope
43	Through the Hoop
44	Circle the Bases
44	Wheel Relay
45	Rats and Rabbits
45	Beach Sprints
45	All in Tag
45	Bullrush

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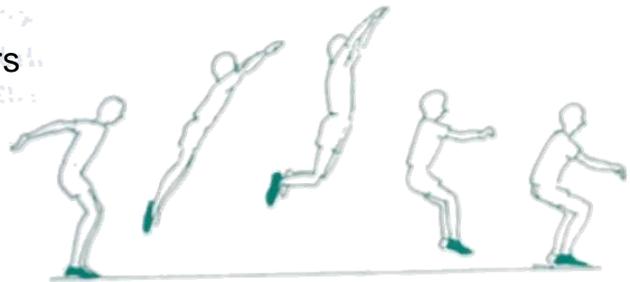


# Athletics - Run Jump Throw

## Jumping

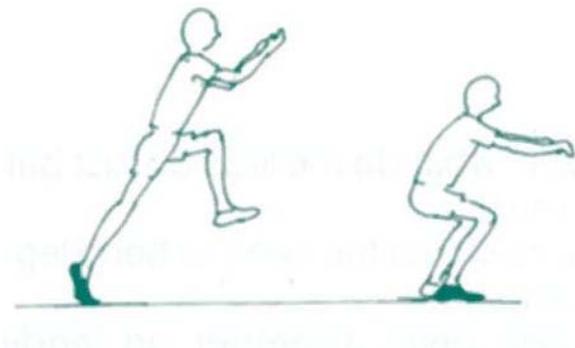
### Two feet to two feet (year 1 – 4 )

- Jump on the spot (Ask what your legs do just before you jump?)
- Jump on the spot with stiff legs (to reinforce the need to bend before take off and landing)
- Jump forwards keeping heels together on landing
- Jump up and forward with hands behind neck or on head (to reinforce how arms assist in jumping)
- Jump high using arms to swing back before jumping and forwards as you jump
- Standing jump for distance
- Jump using hoops or moon hoppers



### One foot to two feet (long jump)

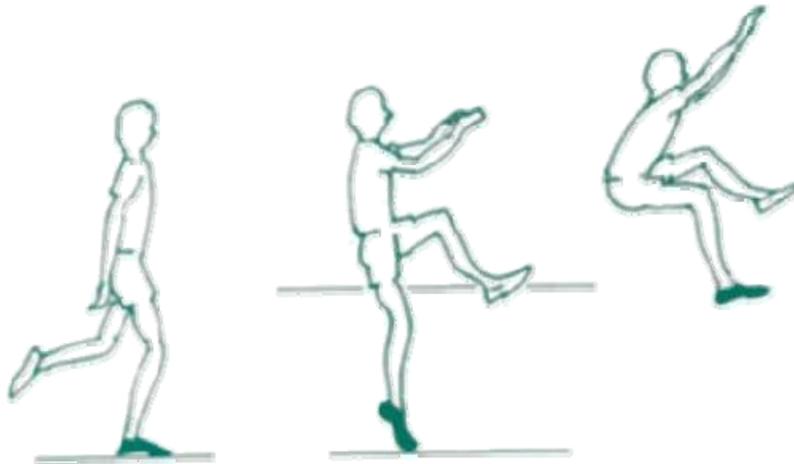
- With all activities attempt first with one and then the other leg
- Jump the widening stream
- Standing jump for distance. (Stand on jumping leg with the other leg raised).
- Standing jump over low obstacles e.g. elastic, cones, kicking tees
- Progression using steps. 1 steps / 3 steps / 5 steps. Age plus the 2 steps maximum



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## One foot to other foot (high jump)

- Body is side on to the target being jumped over
- Both legs kick up towards the front with knees bent
- Leg that is nearest the elastic bar is kicked up first. Reach forward with arms held high raising the hips/height of the jumper
- 2 steps and jump for height. Try to hold a flag or target for children to raise their hips to be level with it.
- Use elastic to jump over. Children should practice off both sides from a 30 degree angle



### Jumping activities and games from the Fundamental Skills manual

Page	Name
67	Can you jump far?
70	Jumping Square
57	High Tide
71	Standing horizontal jump
72	Reaching high
76	Crossing the stream

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### Relays/Games for jumping from the Run Jump Throw manual

Page	Name
73	Two Foot to Two Foot Relays
73	Other Shuttle Relays
73	Team Jump for Distance
74	Long Jump Relay
74	Scissor Jump Relay

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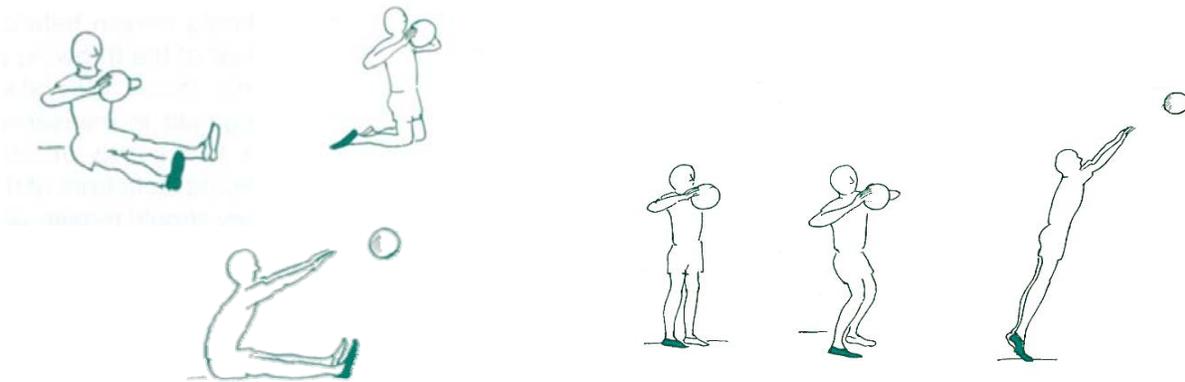


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## Throwing

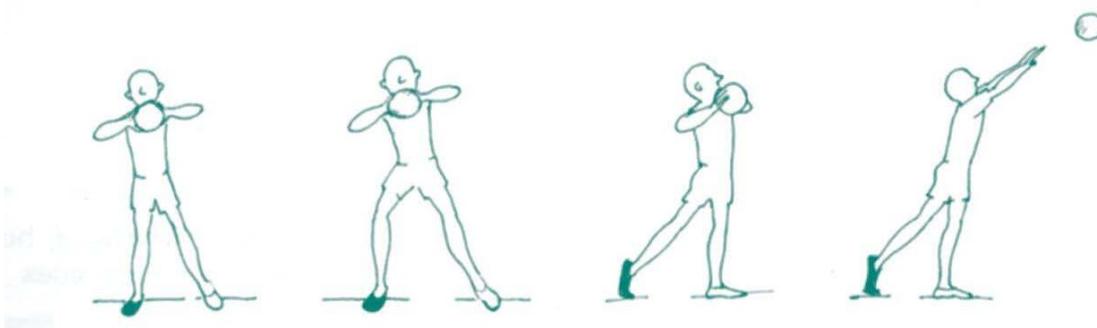
### Shot Put / Pushing activities

- Seated, kneeling then standing, front on (feet side by side)
- Chest push throw for distance to a partner
- Check hand position, fingers pointing slightly inwards and elbows high
- Use a soccer ball or netball (size 5)
- Encourage full extension of arms – not just a flick of the wrist
- Give a release of approx 45 degrees (or “over the rainbow”)
- Progress to knees then standing to show that throws go further from a higher platform



### Standing

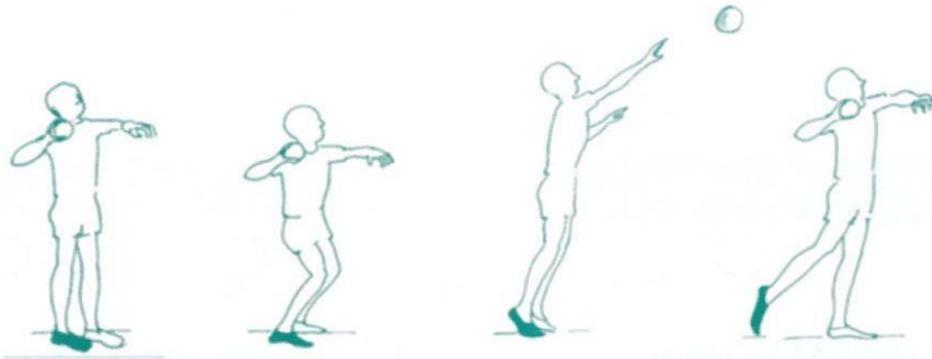
- Bend knees then push
- Change feet placement and place either foot forward
- Keep feet on the ground
- Now include turning torso to side while holding ball in front of face, chest to front then push out.
- Practice using both sides and different feet out in front.



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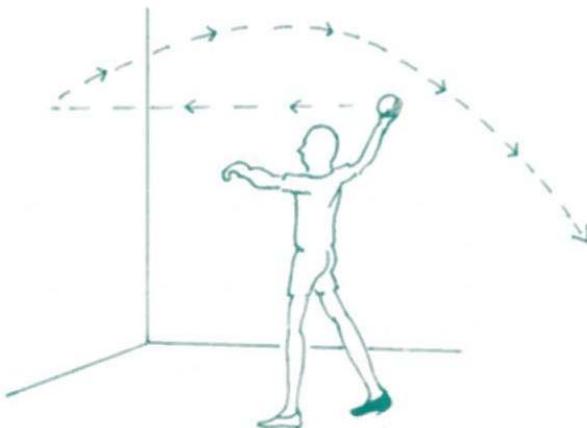
## Soft shot activities

- Place soft shot at the base of the four fingers with the thumb providing support at the side
- The soft shot should be placed under the jaw, half way between chin and ear with the elbow at shoulder height
- "Clean palm – dirty fingers – dirty neck"
- Free arm is raised and bent in front of chest (look at watch), it pulls to the left side and held strong as the push is made, shoulders remain square
- Ensure movement is forward from the chin, if hand drops back it is a pull
- Feet should be slightly wider than shoulder width
- Take weight on bent back leg, transfer weight, chest to front and push.
- Remember to keep release angle at approx 45 degrees
- Power from legs should further the distance



## Small Ball / Vortex / Javelin throw

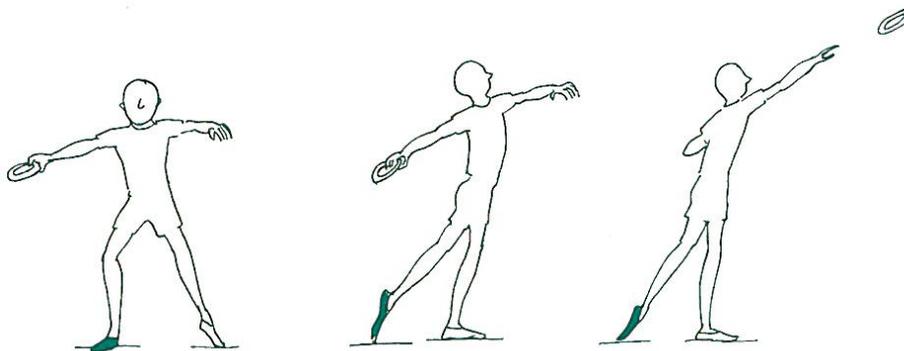
- Throwing elbow high (above shoulder) and close to body, palm to sky
- Lead with elbow
- Encourage full use of arm from shoulder (not just a wrist flick)
- Practice throwing using both feet and different arms



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## Discus / Slinging Activities

- Hold nearest side of quoit with your fingers and palm down
- Hold quoit with your throwing hand, swing your arm keeping arm at shoulder height throughout throw
- Use a long throwing arm
- Avoid scooping or bowling action
- Note the torso will also turn to the side as the arm goes back
- Arm should be at 1.30 or 10.30 at release
- The hip on the throwing side will turn in preparation and then thrust forward as the throw is made (hips-chest-arm)
- Practice using both arms and different sides of the body



### Throwing activities and games Fundamental Skills manual

Page	Name
171	Over arm Throwing
181	Force Back
187	Moving Target
190	Scatter Ball
184	Long Chase Ball

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### Relays Games for throwing Run Jump Throw manual

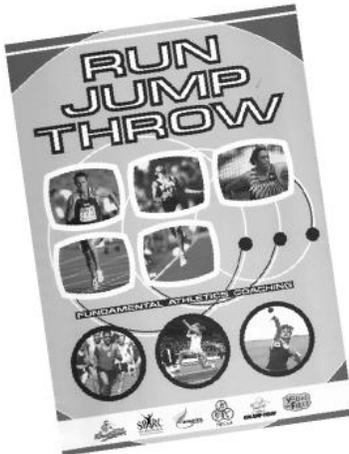
Page	Name
97	Bean Bag/Soft Shot Put
97	Push Throw Over the Rope
97	Throw into Bucket or Hoop
98	Team "Put" for Distance
98	Bob Ball-push throw
98	Carry Then Throw-push throw
99	Beat the Ball-push throw
99	Circle Pass-push throw
99	Circle Gap-push throw
100	Team Target Throwing
100	Golf
100	Over the Flagpole

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# Purchase your own Run Jump Throw manual



- Learn to teach the fundamental skills of athletics
- Easy to use format
- Step by step technique development
- **Run Jump Throw** is the foundation programme of the Athletics New Zealand coach development programme
- **Run Jump Throw** was developed as part of the Kiwisport development programme aiming at enjoyable participation by all regardless of ability, culture or gender
- Kiwisport is based on the philosophy that skills are the key to participation and traditional sports and other physical activities should be modified to suit the physical, intellectual and emotional development of the participants
- The emphasis is on skill development

The programme is built around the 150 page Run Jump throw manual, which provides a progressive approach to athletics skill teaching for 5-13 year olds. Suitable for all coaches and teachers, the resource includes teaching strategies for running, jumping and throwing.

## Please send me a Run Jump Throw manual

Name:

School/Club:

Postal Address:

City:  Postcode:

Number of copies:  Cheque enclosed (\$45.00 each)

Send invoice with manual

Post or fax to Athletics New Zealand on 04 385 1758