

Para Athletics: Javelin

Activity age group: 5 - 7



FOR EVERY BODY

BBC



Activity: Rocket throw

How to play:

- ▶ Using a mixture of large and small hoops and markers, set out 'planets' in lines.
- ▶ Individual participants line up, hold the foam javelin in the middle and take their arm back.
- ▶ Participants turn and push the javelin forward and up, aiming upwards and shooting for the stars.
- ▶ Participants repeat the throw, but try to aim to get the javelin over the planets (hoops).
- ▶ Use the smaller hoops or markers to see if participants can get the javelin to land in/on or around the hoop or marker.

Equipment:

- ▶ Foam javelins or howling ball
- ▶ Bean bags
- ▶ Different coloured/shaped cones or markers
- ▶ Hoops (planets)
- ▶ Large playing area



Using STEP:

	Easier	Harder
Space	Increase the size of the hoops/area.	Reduce the size of the hoops/area.
Task	Reduce the number of markers/hoops.	Increase the number of markers/hoops.
Equipment	<ul style="list-style-type: none"> Move the hoops closer to the throw line. Replace the javelin with a bean bag. 	<ul style="list-style-type: none"> Replace the javelin with the howling ball. Try from a seated position.
People	Provide a volunteer to assist.	Each participant has to complete twice.



The above guidance does not have all the solutions, and some specific requirements of individuals may not be addressed. We recommend and encourage you to engage with all participants, observe their needs, and communicate effectively and take a child-centred approach to provide tailored support where necessary.

Specific considerations:

Blind and partially sighted participants:

- Use high visibility equipment.
- Provide a buddy or guide to assist players.

Learning disabled participants:

- Introduce and demonstrate each planet/area at a time.
- Give prompts and reminders during the activity.
- Pair participants up with someone they feel comfortable with and can help the individual access and focus on the task.

Deaf and hard of hearing participants:

- Give a practical demonstration before the activity begins and when instructions change.
- Use visual signals or cues like waving a flag or bib to start and finish the activity.

Physically disabled participants:

- Ensure there is enough space between teams and on the course.
- Empower participants to control the pace of the activity by going first and leading.
- Allow participants to be seated.

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