

# Para Athletics: Javelin

Activity age group: 8 - 11



FOR EVERY BODY

BBC



## Activity: Star swish

### How to play:

- ▶ Line up participants in groups so they can take turns.
- ▶ Using hoops and markers set out 'planets' in lines, with a mixture of large and small hoops.
- ▶ Participants practise the throwing movement by stepping sideways, arm back and releasing forward with a swish, aiming high and shooting for the stars.
- ▶ Participants aim for inside or as near to the hoop or area as possible.

Leading to

## Activity: Rocket launch

### How to play:

- ▶ Using an indoor badminton, tennis or volleyball net, create a high wall for participants to launch the javelins over.
- ▶ Participants repeat the throws from star swish but this time using foam javelins.

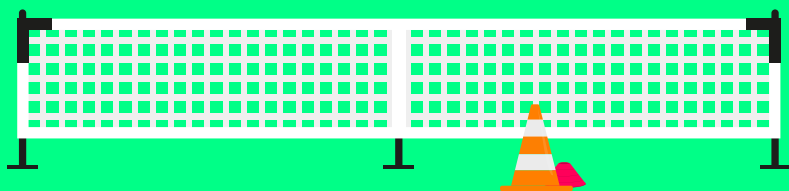
### Equipment:

- ▶ Different coloured/shaped cones or markers
- ▶ Indoor badminton, tennis or volleyball net
- ▶ Foam javelins or howling ball
- ▶ Beanbags
- ▶ Hoops (planets)
- ▶ Large playing area



# Using STEP:

	Easier	Harder
<b>Space</b>	<ul style="list-style-type: none"> <li>◀ Increase the size of the hoops/area.</li> <li>▶ Set the net lower.</li> </ul>	<ul style="list-style-type: none"> <li>◀ Reduce the size of the hoops/area.</li> <li>▶ Set the net higher.</li> </ul>
<b>Task</b>	Reduce the number of markers/hoops.	Increase the number of markers/hoops.
<b>Equipment</b>	<ul style="list-style-type: none"> <li>▶ Move the hoops closer to the throw line.</li> <li>▼ Use beanbags instead of javelins.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Replace the javelin with the howling ball.</li> <li>▼ Move the hoops further from the throw line.</li> </ul>
<b>People</b>	Provide a volunteer to assist.	<ul style="list-style-type: none"> <li>◀ Try from a seated position.</li> <li>▶ Each participant has to complete twice.</li> </ul>



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.

### 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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