

Para Athletics: Shot Put

Activity age group: 5 - 7



FOR
EVERY BODY



Activity: Over the line

How to play:

- ◀ Using floor markers, set out horizontal rows. Make sure each row is different in shape marker or colour, so participants know where to aim.
- ▶ Line up participants in small groups.
- ▶ Participants hold their beanbag and put it into their neck (if comfortable to do so).
- ▶ If participants are using their right hand for the beanbag, their left foot goes forward and vice versa.
- ▶ Participants point forward with their opposite hand, lean and push (throw) the beanbag as high and as far as possible.
- ▶ Participants repeat the throw but try to aim to get the beanbag over the line.

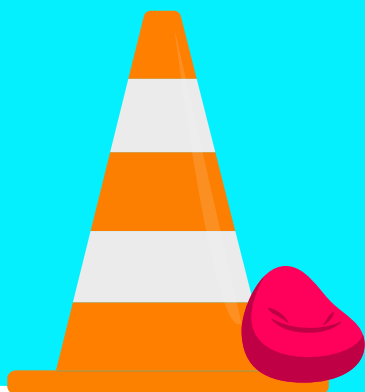
Equipment:

- ◀ Weighted balls or beanbags
- ▶ Different coloured/shaped cones or markers
- ▶ Large playing area



Using STEP:

	Easier	Harder
Space	Reduce the length of the course/bring the lines closer to the children.	Increase the length of the course/place the lines further away from the children.
Task	Increase the number of lines.	Reduce the number of lines.
Equipment	Use a lighter object to throw.	Use a heavier object to throw.
People	Provide a volunteer to assist.	Try from a seated position.



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.
- ▶ Clearly describe each movement and skill.

Learning disabled participants:

- ▼ Break down each activity in step-by-step instructions.
- ◀ 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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