

Para Athletics: Shot Put

Activity age group: 8 - 11



FOR EVERY BODY

BBC



Activity: Push power

How to play:

- ◀ Using floor markers, set out horizontal rows.
- ▲ 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 the opposite hand forward, bend and push (throw) the beanbag as high and as far as possible.
- ▶ Participants repeat the throw but aim to get the beanbag over as many of the lines as possible.

Equipment:

- ◀ Beanbags
- ▲ Weighted ball
- ▶ Hoops/markers
- ▼ Different coloured/shaped cones or markers
- ◀ Large playing area

Leading to

Activity: Moon craters

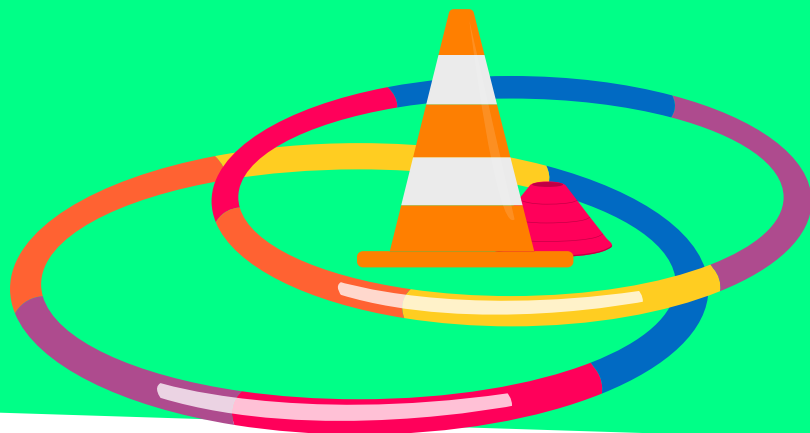
How to play:

- ◀ Participants place different size hoops in different areas.
- ▶ Using the beanbag and the same techniques as before, participants try to aim for in and around the area of the hoop.
- ▶ Replace the beanbag with a weighted ball.
- ▼ Participants put together all the skills for a really explosive push towards the hoop target.



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 hoops/markers.	Reduce the number of hoops/markers.
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 into 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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