

PHYSICAL EDUCATION LESSON PLAN

Subject	Physical Education	Unit	Track & Field	Date	April 20th, 2026
Grade	7	Lesson #	3 — Throwing Events (Shotput & Javelin)	Duration	53 minutes
Developed by	Samantha Lazaruik			Room	Small Gymnasium

General Outcomes:	Specific Outcomes:
A - Activity (Basic Skills—Manipulative eg: Throwing) D - Do it daily... for Life! (Safety)	A7-5: Demonstrate ways to send an object with varying speeds and accuracy A7-6: Demonstrate manipulative skills using space awareness, effort, and relationships D7-3: Identify, describe, and follow rules, routines, and procedures for safety
Student Learning Outcomes:	Assessment Strategies
★ Students will demonstrate proper technique when sending an object (shot put and javelin) with control and accuracy. (A7-5) ★ Students will apply body awareness and effort to improve performance in throwing activities. (A7-6) ★ Students will follow safety rules and procedures during all throwing activities. (D7-3)	Observation Checklist (during stations): - Proper grip and body positioning (shot at neck / javelin above shoulder) - Use of correct technique (push vs. throw, step with opposite foot) Peer Feedback: - Students provide one positive comment and one suggestion Teacher Assessment: - Circulate and provide immediate, specific feedback - Use cues to correct technique in real-time
Lesson Equipment/Resources:	Personalization/Differentiation
☐ Shot puts (or foam/modified balls) ☐ Foam javelins / pool noodles ☐ Cones (for throwing lines, lanes, and boundaries) ☐ Whistle or signal device ☐ Field space (indoor for shot put, outdoor for javelin)	To support diverse learners: - Provide choice in equipment (lighter/heavier, foam vs. standard) - Adjust distance and target size based on ability - Offer stationary or seated options for accessibility - Break skills into smaller steps (grip → stance → movement) - Use visual demonstrations and cues for different learning styles - Challenge advanced students with accuracy targets or added movement (glide/cross-step)

PHYSICAL EDUCATION LESSON PLAN SEQUENCE

Introduction

- Wait for students to change & complete Attendance (5 min)

Discussion (2 min)

- Introduce shotput

Focus: Learning proper technique and control rather than power

Technique: Side stance, Shot held near neck, Push (not throw) using legs and arms

Teaching Cues: “Neck – stance – push”, “Push, don’t throw”, “Use your legs for power”, & “Follow through to your target”

- Introduce javelin

Focus: Accuracy and control over distance & Coordinated full-body movement

Technique: Hold javelin above shoulder, tip pointed forward & Elbow stays high during throw & Step forward with opposite foot

Teaching Cues: “Point the tip forward”, “Elbow high” & “Step and throw”

Time	Activity	Teacher Description	Modifications/Safety:	Cues/Questions:
2 min	Skill Demo Shotput	Talk about shotput: Teacher Description: • Demonstrate proper technique step-by-step • Students practice at stations or in lines • Begin with stationary throws, progress to adding power • Emphasize control, form, and safety over distance		
17 min	Skill Focus Shotput	Setup: • Place a throwing line using cones • Set up throwing lanes (small group) using cones or markers • Place target zones or distance markers in front (optional for motivation) • Position shotputs/foam balls at each lane • Create a safe retrieval line well behind the throwing area Stage 1 – Stationary Throw: • Student stands sideways to the throwing direction behind the cone line • Hold the shot at the neck/shoulder, elbow up • Feet shoulder-width apart, knees slightly bent • Push the shot forward using legs and arm (no throwing motion) • Follow through toward the target Stage 2 – Add Power (Shuffle Step Progression): • Begin in a sideways stance at the back of the lane • Perform a controlled shuffle step forward (back foot → front foot) • Transfer weight from back foot to front foot • Push the shot forward with increased force • Finish with a strong follow-through toward the target	Modifications: Easier: - Use lighter/softer balls - Shorten throwing distance - Allow seated or kneeling throws Harder: - Add target zones for accuracy - Measure distance for challenge - Introduce step-in or glide movement Safety: - Only retrieve equipment when all throws are complete - Throw in one direction only - Maintain safe spacing between students - Use teacher signal for “throw” and “retrieve” - Keep equipment below shoulder level until ready	Cues → “Chin, elbow high” → “Push from your legs” → “Explode forward” → “Follow through” → “Eyes on your target”
2 min	Skill Demo Javelin	Talk about javelin: Teacher Description: • Demonstrate proper technique step-by-step • Show correct grip and safe carrying position (javelin pointed down) • Students practice at stations or in lines • Begin with standing throws, progress to adding approach steps • Emphasize control, form, and safety over distance		
20 min	Skill Focus **outside Javelin	Setup: • Place a throwing line using cones • Set up throwing lanes (small groups) using cones or markers • Place target zones or distance markers in front (optional) • Use foam javelins or safe throwing implements • Create a clear retrieval line well behind the throwing area Stage 1 – Standing Throw: • Student stands facing forward or slightly sideways behind the cone line • Hold the javelin above the shoulder with a firm grip	Modifications: Easier: - Use foam javelins or pool noodles - Shorten throwing distance - Practice throws without approach (stationary only) - Break down into arm-only movement first Harder: - Add target zones for accuracy - Increase approach speed	Cues: → “Point the tip forward” → “Elbow high” → “Step and throw” → “Lead with your elbow” → “Follow through to your target” → “Stay long and strong”

		• Elbow stays high, javelin pointed forward • Step forward with opposite foot (e.g., left foot if throwing right-handed) • Throw overhand, leading with the elbow • Follow through toward the target Stage 2 – Add Approach (Step Progression): • Begin a few steps back from the throwing line • Jog or walk forward in control (3–5 steps) • Keep javelin back and level during approach • On final step, plant front foot firmly • Rotate hips and shoulders forward • Throw with increased force and full-body coordination • Finish with a controlled follow-through	- Measure distance for competition - Introduce cross-step approach Safety: - Only retrieve javelins when all throws are complete - Always throw in one direction - Carry javelins with the tip pointed down - Maintain wide spacing between students - Use teacher signal for “throw” and “retrieve” - Never run with javelins or point them at others	
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Conclusion & Debrief

Wrap-up Discussion (2 min)

→ Students return equipment then prompt them to have a seat for a wrap-up chat. (at the end of the day clean up the next 5 min extra)

Guiding questions:

- What is the difference between a *push* (shot put) and a *throw* (javelin)?
- How does body position affect accuracy and control
- Why is it important to use your legs when generating power?
- What happens when your elbow drops during the movement?

Reinforce the key learning points:

- Proper **technique and control** are more important than distance
- **Full-body coordination** improves performance (legs → hips → arms)
- **Accuracy and consistency** are key indicators of skill development
- **Safety rules and awareness** are essential in all throwing activities

- Send student to change at the end of class (3 min)

Reflection Notes:

Positives (What worked well?):

Things to change for future lessons:

Shot Put

The shot put is introduced as a **pushing movement** rather than a throwing action. Begin by explaining that the goal is to move the shot forward using strength and proper technique, not by “throwing” it like a ball.

Demonstrate how to hold the shot safely against the neck/shoulder with the elbow kept high. Model a stationary stance, emphasizing body positioning, balance, and controlled movement.

Students will begin with **stationary pushes** to focus on correct form, gradually progressing to adding power through the legs and a shuffle step. Throughout the introduction, reinforce that **control, technique, and safety** are more important than distance.

Focus: • Control before distance • Proper body positioning and balance • Using legs to generate power	Technique: • Shot rests against neck/shoulder (not away from body) • Elbow stays high, chest facing sideways • Feet shoulder-width apart, knees bent • Push (not throw) the shot forward • Weight transfers from back foot to front foot • Strong follow-through toward target	Teaching Cues: → “Shot on your neck” → “Elbow high” → “Push, don’t throw” → “Use your legs” → “Drive forward” → “Follow through”
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Javelin

The javelin is introduced as an **overhand throwing skill** that requires coordination, timing, and control. Begin by explaining safe handling, including carrying the javelin with the tip pointed down and always throwing in a designated direction.

Demonstrate the proper grip and how to position the javelin above the shoulder with the elbow high. Model a **standing throw** first, focusing on stepping with the opposite foot, leading with the elbow, and following through toward the target.

Students will start with controlled, stationary throws before progressing to a short approach. Emphasize that **accuracy, body control, and safety** are the priority over distance.

Focus: • Safe handling and awareness • Accuracy and control over distance • Coordinated full-body movement	Technique: • Hold javelin above shoulder, tip pointed forward • Elbow stays high during throw • Step forward with opposite foot • Lead with the elbow, then extend the arm • Rotate hips and shoulders through the throw • Follow through toward the target	Teaching Cues: → “Point the tip forward” → “Elbow high” → “Step and throw” → “Lead with your elbow” → “Reach back, throw forward” → “Follow through to target”
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