

Fortius (Stronger) Game Station Javelin Toss

Toss a foam javelin as far as you can!

Key Development

Strength and flexibility (Javelin-specific)

Preparation

- Lay out cones at tiered distances of 8m or 12m (distances may be adjusted to suit students).

Procedure

- Everyone takes turns, one at a time, to toss a foam javelin.
- Hold the javelin high, over your right shoulder (right shoulder for a right-handed thrower, left shoulder for a left-handed thrower), with your elbow straight up and facing forward.
- Take a few steps towards the throwing line.
- Throw as far you can (Encourage students to aim beyond the cones)!

Notes

- Aim far.
- Release javelin when throwing hand reaches the highest point.