



# How to Throw Correctly in Athletics

**KS2 PE** Ages 9-12 ⌚ 3 min read

## What Makes a Good Throw?

Throwing correctly in athletics is about more than just flinging something as hard as you can. A **proper throwing technique** helps you throw **farther, faster, and safer**. When you use the right method, you protect your shoulder and arm from injury while getting better results.

## The Basic Steps to Throwing

A good throw has **four main parts: stance, grip, arm action, and follow-through**. Let's break each one down.

### Step 1: Get Your Stance Right

Start by standing with your **feet shoulder-width apart**. Your non-throwing shoulder should point towards your target. Turn your body slightly so you're standing sideways, not facing forward. This **rotational position** lets your whole body help power the throw, not just your arm.

Think of it like winding up a toy—you turn the body first to build up energy, just like twisting a spring before releasing it.

### Step 2: Hold It Right

Your **grip** depends on what you're throwing. For a **shot put** (a heavy metal ball), hold it against your neck with your fingers spread. For a **javelin** (a long spear), grip it loosely near the middle. For a **discus** (a spinning disc), hold it flat across your hand. A good grip gives you control and helps you release smoothly.

### Step 3: Move Your Arm Correctly

Bring the object back and up to about **shoulder height or slightly higher**. Keep your **elbow bent** at roughly **90 degrees**. As you move forward, rotate your hips and shoulders quickly, then bring your arm through in a smooth arc. Your **larger muscles** (your legs, hips, and core) do most of the work—your arm just follows along.

Think of it like a whip—the power comes from your whole body, and your arm is just the part that cracks at the end.

## **Step 4: Follow Through**

Don't stop moving when you let go! Your arm should continue moving across your body in a smooth motion. This **follow-through** helps you transfer all your power into the throw. It also slows your arm down gently, protecting your shoulder from injury.

## **Why Technique Matters**

**Good throwing technique** prevents injury and helps you perform better. Athletes who use the right method can throw much farther and more accurately than those who just use their arm strength alone. Even if you're not the strongest person, correct technique can make you a better thrower.