





Key Vocabulary	
Deliver	To aim and give the ball to receive.
Force	To deliver the object with strength and speed.
Push	To send with exertion and force.
Release	To let the object go accurately.
Velocity	To send with speed and pace.

Athletes	
 <p>Jürgen Schult</p>	<p>Jürgen Schult is the World record holder for the men's discus. Schult's record is the oldest world record and to this day it is 34 years old. It was set in East Germany. The distance is 74.08metres.</p>
 <p>Judy Oakes</p>	<p>Judy Oakes with a distance of 19.36 metres holds the British record for the shot. Oakes set the record in 1988.</p>

<p>Steve Backley, Tessa Sanderson and Fatima Whitbread are Great Britain's most successful Olympic javelin medallists.</p>		
		

Rules		
1.		A discus can be made from metal, plastic, bronze, iron or lead and must be thrown using a shoulder width stance and preliminary swings.
2.		The netball can be thrown from the chest, shoulder, overhead or the hip. The ball must stay within the sideline, backline and transverse lines.
3.		The vortex howler can be thrown from a standing position or a run up.
4.		The shot must be released above the height of the shoulder with one hand. The shot put circle measures 7ft in diameter.

Skills	
Core Strength	Keep joints soft and unlocked on approach.
Object Control	To finish and plant and land on two feet safely.
Propel	To charge with speed, strength and agility.
Discus	A heavy thick disc thrown by an athlete within a marked area.
Netball	A game where a ball is thrown from one end of the court to the other using a team of seven players.
Shot	A heavy metal ball is thrown from the shoulder as far as possible.
Vortex Howler	A dart shaped object thrown like a javelin.