

# PLAYSPORT FOAM JAVELIN

## Foam Javelin

The PlaySport Javelin is made of foam and is 90cm long. It is the perfect introduction to the Field event of Javelin throwing and is safe to use both indoors and outdoors.

Javelin throwing is a combination of technique and accuracy and using the PlaySport Javelin enables basic skills to be taught and encourages young children to sample the real event without the constraints that the use of inappropriate equipment might involve.

We recommend that initially all throws should be from a standing position with the thrower facing to the direction in which the javelin will be thrown. Both feet are kept on the ground and with one leg forward and the other trailing: the forward leg is the leg opposite to the throwing arm so that for right-handed throwers the left leg is forward and for left-handed throwers the right leg is forward. As with conventional javelin throwing, the javelin is launched single-handed.

The correct area of the shaft with which to hold the javelin is found by laying the javelin across the palm of the hand and locating that section where the tip and tail of the javelin are in equilibrium.

Enjoyment of the PlaySport Javelin can be enhanced by having a throwing area marked out either using marker cones or a calibrated mat.

As recommended by the ESSA (English Schools' Athletic Association) each child should be set a series of attainable targets based on improving personal achievements and, initially at least, the child's success should be based upon personal striving and progress rather than on comparison with others. Our calibrated measuring mat (available separately) is ideal for this purpose.

Once the child has mastered the basics, he or she may begin to practice the conventional run-up and "stamp" method of throwing and move on to more formalised activity including competition



## Other Products in this Range

*Primary Shot*

*Primary Discus*

*Primary Hammer*

*Primary Bullnose Foam Javelin*

*PlaySport Throwing Kit*

*Throwing Accessories Pack*