

PLAYSPORT PRIMARY DISCUS

Primary Discus

The PlaySport Primary Discus is made of soft PVC and weighs 200g. It is the perfect introduction to the Field event of Discus throwing and is safe to use both indoors and outdoors.

Discus throwing is a combination of technique and accuracy and using the PlaySport Discus 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 the direction in which the discus will be thrown. The feet are kept still and just the upper body and arms turn to propel the discus. As with conventional discus throwing, the thumb rests on top of the discus and the four fingers are spread around the rim pressing the discus against the wrist for added support.

Enjoyment of the PlaySport Discus 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 "one and a half turn and skip" style of throwing and move on to more formalised activity including competition.



Other Products in this Range

Primary Shot

Primary Foam Javelin

Primary Hammer

Primary Bullnose Foam Javelin

PlaySport Throwing Kit

Throwing Accessories Pack