

# PLAYSPORT PRIMARY SHOT

## Primary Shot

The PlaySport Primary Shot is made of soft PVC and weighs 600g. It is the perfect introduction to the Field event of Shot Putting and is safe to use both indoors and outdoors.

The Shot Put is a combination of technique and accuracy and using the PlaySport Shot 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's back to the direction in which the shot will be "put". The feet are kept still and just the upper body turns before the shot is released. As with conventional shot putting, the shot should be placed at the base of the first three fingers of the hand with the thumb and little finger supporting the shot. The shot is then "tucked" into the neck and upon release is "pushed" not "thrown".

Enjoyment of the PlaySport Shot 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 rotational spins and move on to more formalised activity including competition.



## Other Products in this Range

*Primary Hammer*

*Primary Discus*

*Primary Foam Javelin*

*Primary Bullnose Foam Javelin*

*PlaySport Throwing Kit*

*Throwing Accessories Pack*