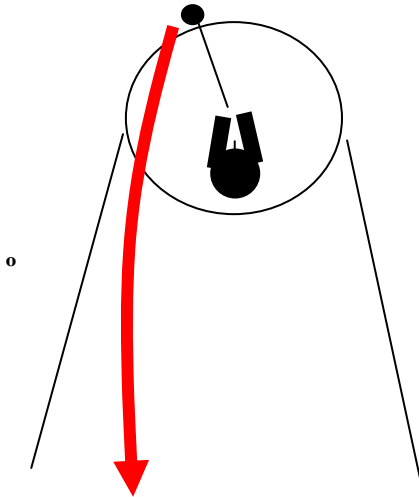


HAMMER THROW 3: 3rd TURN and 1/2

Goals

1. Accelerate the hammer until the third turn
2. Change the plane of acceleration and **THROW THE HAMMER JUST BEFORE YOU COMPLETE THE LAST HALF-TURN**



3. Make the knots easy to undo

WARM UP

1. Running and stretching
2. GAME:

2.1 Find a classmate who weighs the same as you



2.2 Hold your partner's left hand with your right hand, and your partner's left hand with your right hand.



2.3 Then, turn your body to the left and then to the right as fast as you can. **Stay in the same place !!**

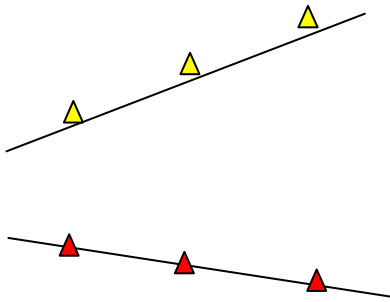
3. Accelerate the hammer with your eyes closed.

ACTIVITIES

1. Build the hammer cage with thick mats



2. Use the tape measure and cones to mark the throwing zone



3. Throw when you turn comes