Shot Put Lesson Plan:

Overview:
For this lesson plan, I chose the Shot Put as the activity. The Shot Put is in an Olympic event within the Track and Field area. For those who are unfamiliar with the event for men throw a 16lb shot put and for the females, they throw an 8.8lb. The objective of this is to throw the shot put as far as you can while staying in the 7-foot ring and throwing it within the sector lines. The lesson is designed for youth/beginners of the sport and the duration will be approximately 15 minutes to complete not including the practice.

The learners will gain knowledge and understanding of the Track and Field event called the shot put.

Learners will know:
- How to properly hold the shot put
- How to release the shot put
- Line up with proper feet and arm placement
- Different techniques to throw the shot put
- Drills and tricks
- How to throw

Measurable lesson objectives:
- The learner will develop and demonstrate how to throw a shot put.
- The learner will be able to track and measure their performance with how far the implementation goes.
- The learner will choose a technique that best fits the individual and that will give the best results.
- The Lerner will be shown the best position in order to succeed.

The Learning activities that will take place with the practice after reviewing the information. Drills are set up to break down the throw and a short video exampling the drills step by step. After you will put it together throw some full throws to see the progress.

The materials needed would be a shotput, med ball, cones, and a bar for practice. Throwing shoes or basketball shoes could be used. An open area in order to do the drills needed. Also, optional are tape and a wrist wrap to prevent possible injuries when throwing.

Evaluation will be set up after the completion of the lesson. It will ask the learner if the proper steps have been taken in order to actually grasp the information given through the lesson plan. Also, it will ask if there were any recommendations for change to the lesson plan that the learner didn't understand. Creating an evaluation is important for the lesson plan creator to take the feedback and adapt it to benefit the learners.

Step 1: Hand placement for the shot put:
The Shot Put will be resting on the bottom of your fingers/ palm area. Fingers are evenly separated and when you're going to throw the shotput has to be placed on your neck.

Step 2: Warm-up:
To prevent injuries, you will have to warm up to get the body used to throw. You will do this by clicking the Shot Put either up in the air or into the ground.

Step 3: Feet and hand placements:
Either if you are a lefty or righty your feet have to be staggered for example if you are a righty your right foot will be in the middle and your left foot will be staggered on your back heal so your hips could come through into the throw. For your upper body, you have to put the shot put on your neck with your elbow level with your body.

Step 4: Technique
The learner will be utilizing the glide technique and will learn the feet set up from out the back of the circle.

Step 5: Drills
Step in drills, stand throws, Toe Knee Hip drill, releases, stop and go imitations.

Step 6: Mock throws
Take easy throws to start out to get the position then gradually work into a more rhythmic and effort throw. After you can check the progress you have made throughout the day.