

Name _____

Spear the Sky: The Thrills of Javelin Throwing

Open-Ended Response Answer Key

1. Javelin throwing involves a short run-up, a series of coordinated movements to generate speed and force, and a precise release angle. Key movements include the approach, the release, and the follow-through. Skills such as balance, strength, and timing are essential for success in javelin throwing.
2. Safety measures and precautions in javelin throwing include proper training, equipment, and supervision. Athletes and spectators must maintain a safe distance from the throwing area. Athletes are required to follow strict rules to prevent accidents, and organizers must prioritize safety.
3. Skills learned in javelin throwing, such as strength, coordination, and focus, can be valuable in other sports, like baseball or golf, that require precise movements and power. Additionally, javelin throwers develop discipline and determination, which can be applied to academic and personal goals.
4. Answers may vary, but a preparation plan for a javelin thrower may include strength and conditioning training, technique refinement, and mental preparation. Athletes would focus on building strength, improving their run-up, practicing their throws, and developing a competitive mindset.

