

SCENARIO

Hammer throw and shot put athletics disciplines at the Olympics

Slide 1

Olympic athletics in the hammer throw and shot put

Slide 2

Olympic games

Slide 3 (Flag, symbols of the Olympic Games)

The Olympic Games - is the largest and oldest international sporting event.

They are organised every 4 years (both summer and winter, but 2 years apart) as part of a noble competition and fraternity of all nations.

Slide 4-6 (Ancient Olympic Games meaning and origins)

The ancient Olympic Games - the Panhellenic Games - were held on a 4-yearly cycle, in honour and memory of the god Zeus. In addition, at that time, as a symbol of the importance of the sporting event, a special torch was lit in the grove of the olive grove in Olympia.

At one time, the Olympic Games were such an important and special event that wars were interrupted and no celebrations were held for the duration of the games.

They lasted about five days.

The first documented Olympic Games took place in 776 BC in the city of Olympia and were held there for nearly 400 years until they were abolished in 336 BC by the Roman Emperor Theodosius due to their pagan nature (religious cult). During the games, only men were allowed to participate; later, competitions for women were also introduced. The idea of reviving and organizing the games was first proposed by the Greek philanthropist and war veteran Evangelos Zappas in 1883, with the concept of gymnastic competitions. Three events were subsequently held in 1859, 1870, and 1875.

Slide 7 (Graphic of the International Olympic Committee symbol)

The International Olympic Committee (IOC) – founded by Baron Pierre de Coubertin on June 23, 1894, in Paris. The committee operates under the Olympic Charter, which is a set of principles of Olympism in 206 countries.

Slide 8

Athletic events in the Olympic Games have been held since the Summer Olympics of 1896 in Athens, and since then, athletic disciplines have been present in all editions of the games.

*Fun fact: Athletic events for women in the Olympic Games have been held since the Summer Olympics of 1928 in Amsterdam.

Slide 9

Athletics in the Olympic Games, such as hammer throw and shot put.

Slide 10

Hammer throw in ancient traditions was preceded by a run. Hammer throw – one of the technical athletic events held at the Olympic Games, which involves throwing a ball attached to a steel wire ending in a handle. The hammer throw is performed from a circle with a diameter of 2.135 meters, surrounded by a high net for protection.

Slides 11-12

Technique

The athlete stands with their back to the direction they will throw in the circle surrounded by a protective net. With both hands, they grasp the hammer handle and slowly begin to make swings above their head. Gradually, by straightening their arms at the elbows, they make 3-4 rotations of the entire body. During one of the twists, they release the hammer from their hands and throw it as high and as far as possible into the throwing field. An important rule is that during the rotations, throw, release, and until the moment the hammer lands on the ground, the athlete is not allowed to leave, step on, or cross the circle's edge.

Film – Hammer throw from a physicist's perspective

Slide 13

What qualities must an athlete have to train in throwing sports? Determination plays an important role in throwing events. There are several throws in a series, so the athlete should aim to make each throw go further. Additionally, the desire for intense training will increase the chances of achieving better results. In shot put, as can be seen during athletic competitions, a stronger build, tall height, and consequently a greater arm span are advantageous. In javelin throw, besides the previously mentioned elements, flexibility is an additional asset. In discus throw and hammer throw, the athlete must possess all these qualities but should not have issues with their vestibular system.

Slides 14-15 (Safety text)

Regardless of which event you would like to try, there is one more important aspect. During the training of technical events, it is very important to maintain safety measures. It is essential that the area where the throwing training takes place is appropriately prepared. It should be an open, empty area away from pedestrians. We can never be sure (especially in the early stages of training) where the implement will land and at what distance.

Slides 16-17 (Graphic of the hammer)



How much does a hammer (hammer throw ball) weigh? – Large text

Senior men throw a hammer weighing 7.26 kg

Youths: up to 15 years old – throw a hammer weighing 5 kg

Junior men: 16 – 17 years old – also throw a hammer weighing 5 kg

Senior juniors: 18 – 19 years old – throw a hammer weighing 6 kg

Senior women – throw a hammer weighing 4 kg

Junior women – throw a hammer weighing 3 kg

Slide 18

Film

Slide 19

The world record in the hammer throw is held by a Pole, Paweł Fajdek, a five-time world champion in the hammer throw. The throw measured 81.27 meters and was set during the Diamond League hammer throw event.

Slides 20-21

Most famous Polish hammer throwers – Large text

The undisputed number one is Anita Włodarczyk, born on August 8 in Rawicz. This Polish athlete has won 2 gold medals at the Olympic Games and is also a multiple world, European, and Polish champion in the hammer throw. Among the most talented and decorated Polish male hammer throwers, Paweł Fajdek is certainly at the top. He has already won 3 gold medals and holds many Polish, European, and world records. Paweł is also the youngest world champion in hammer throw history.

Slide 22

Athletics at the Olympic Games, including hammer throw and shot put – Title slide

Slide 23

Shot put – one of the athletic events (athletic throws) involving the farthest possible single-handed push of the shot from a circle with a diameter of 2.135 meters. The shot must be in contact with the athlete's neck before the push. After the push, the athlete must leave the circle from its rear part; otherwise, the push and the athlete's attempt will not be valid. Additionally, the shot must fall within the 34.92-degree sector.

Slide 24

There are two basic shot put techniques:

Glide – the athlete stands with their back to the direction of the throw, glides to the edge, twists their hip, and pushes the shot.

Spin – the athlete performs a spin ending with the shot put. The distance is measured along the line passing through the center of the circle and the shot's mark.

Slide 25

Film

Slide 26

Senior men put a shot weighing 7.26 kg

Youths: up to 15 years old – put a shot weighing 5 kg

Junior men: 16 – 17 years old – also put a shot weighing 5 kg

Senior juniors: 18 – 19 years old – put a shot weighing 6 kg

Senior women – put a shot weighing 4 kg

Junior women – put a shot weighing 3 kg

Slide 27

- Men

World Record: Ryan Crouser, 22.38 m, USA, February 18, 2023, Pocatello

European Record: Ulf Timmermann, 23.06 m, East Germany, May 22, 1988, Chania

Polish Record: Michał Haratyk, 22.32 m, Poland, July 28, 2019, Warsaw Cetniewo

- Women

World Record: Natalia Lisovskaya, 22.63 m, USSR, June 7, 1987, Moscow

European Record: Natalia Lisovskaya, 22.63 m, USSR, June 7, 1987, Moscow

Polish Record: Ludwika Chewińska, 19.58 m, Poland, June 26, 1976, Warsaw

Slide 28

Quiz

1. How often are the Olympic Games held? (**every 4 years**)
2. In whose honor were the ancient Olympic Games held? (**Zeus**)
3. How long did the ancient Olympic Games last? (**5 days**)
4. Expand the abbreviation IOC (**International Olympic Committee**)
5. In which year was the IOC founded? (**June 23, 1894**)
6. What are the components of the hammer? (**handle, wire, head**)
7. Who holds the men's hammer throw world record? State the distance. (**Paweł Fajdek, 81.27 meters**)
8. Name the two techniques used in shot put (**glide, spin**)
9. What weight of shot do senior men and women put? (**men 7.26 kg, women 4 kg**)
10. Who holds the Polish women's shot put record? State the distance. (**Ludwika Chewińska, 19.58 m**)