Fundamental movement skills are commonly viewed as the basic components of all specialized skills, and usually get a mature stage at 7 years old. Maturation alone is not enough for the skill to be efficiently performed and well coordinated; also the practising opportunities are important. The failure in those skills is an impediment to success and to the acquisition of skilled movements. Therefore the aims defined for this study were: (i) to characterize the patterns of the throwing long distance and the hammer, discus and javelin product performance; (ii) to verify the relationship among the throwing pattern and the performance of hammer, discus and javelin.

The sample consisted of 45 Physical Education students (18 males and 29 females), aged between 18-22 years. The throwing pattern was recorded by two video cameras and later assessed by a checklist of Thomas et al. (1989). After a learning period, the product of the throwing was evaluated by the best distance obtained of the three trials, according to the basically technical rules. The Pearson Correlation and the Linear Regression was used to verify the influence of the throwing pattern on the performance of hammer, discus and javelin.

The results showed that all the students (100%) were in the upper level in the feet component, 93.6% were in the highest level arm component, 78.7% were in the highest level of the feet component and 63.8% were in the highest level of the backswing component. The mean distance obtained in hammer was 23.8 meters (SD=4.02), in discus 20.5 meters (SD=4.35) and in javelin 25.5 meters (SD=7.43). The results of the correlation showed a significant association between the feet component and hammer performance ($r=0.341; p=0.019$) and between the backswing component and javelin performance ($r=0.381; p=0.011$). The feet component account 11.6% for the distance obtained in the hammer and the backswing component account 14.5% for the distance obtained in the javelin.

The results confirm the relationship between the throwing pattern (feet and backswing components) and the javelin and hammer performance. These data also showed the importance of learning the fundamental motor skills early in life, to promote the success and the acquisition of a higher specialized skill.

**Keywords:** Track and Field, Pattern, Throwing