THROW

Development

Most children will not instinctively know how to throw overarm efficiently. Throwing should be introduced towards the end of Kindergarten or in Pre-Primary. Children are not expected to have a fully developed overarm throw until Year 4.

Skill Criteria Checklist:

<p>| | |</p>
<table>
<thead>
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<tbody>
<tr>
<td>1.</td>
<td>Eyes focused on target</td>
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<tr>
<td>2.</td>
<td>Stands side-on to target</td>
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<td>3.</td>
<td>Weight on the rear foot</td>
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<td>4.</td>
<td>Stepping forward on opposite foot to throwing arm</td>
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<td>5.</td>
<td>Hips then shoulders rotate forward</td>
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<td>6.</td>
<td>Follow through with throwing arm towards target</td>
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<td>7.</td>
<td>The ball should be gripped with fingers like rabbit ears</td>
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TEACHING STRATEGIES

Beginners (at the emergent level of throwing skill development)

- Focus on skill criteria number 1, 2 & 4
- Use the teaching cues detailed below to help children visualise action
- Focus on distance over accuracy, place targets further away or have a net or other obstacle to throw over. This helps challenge children to develop force in their throw
- Use small balls and beanbags balls that are easy for small hands to grip
- Use soft dome cones or star markers for children as a visual cue to step on to when throwing
- Help children identify their preferred arm if they are using both
- Place a chalk mark or other visual marker on the foot which they should be stepping forward with
• Play games such as Ready, Aim, Fire and Clean up the Rubbish

Developing

• Work on the hip rotation and follow-through at this stage
• Start practicing without a ball and then place challenging targets to encourage hip rotation and follow through
• Play games such as Clean up the Rubbish and Bombard

Acquired/accomplished level

• Try throwing on the run
• Introduce accuracy challenges
• Teach children how to do a crow hop before a throw
• Experiment with different throwing implements – nerf rockets, foam javelins etc.
• Try games that employ some strategy - Golden Child, Race the Ball

Teaching Cues

✓ Ready: Stand like a surfer (side-on)
✓ Aim: Make a muscle man (throwing arm bent up above shoulder), Point non-throwing arm at target
✓ Fire: Step on the star (step with opposite foot onto star marker) and throw

Common Errors

✦ Standing front on to the target
✦ Stepping with the foot on the same side as the throwing arm
✦ No weight transfer
✦ No follow-through