#ThisIsPE
Cricket — Under-arm throw
SECONDARY KEY STAGE 3 PE // STRIKE/FIELD

Content outline
This activity aims to focus on the correct technique to perform an underarm throw – which can be applied to Cricket
• Correct body position
• Throwing with your dominant hand
• Accuracy – aiming for targets
• Personal challenge

Space
- Increase the distance from the target(s) (to make the task more difficult)
- Decrease the distance from the target(s) (to make the task easier)

Equipment
- Change size of ball
- To increase difficulty, use a larger targets (Eg a large saucepan)
- To decrease difficulty use smaller targets (Eg a small bowl)

Task
- Throwing the ball using your dominant hand
- To increase difficulty, try to throw the ball using your non-dominant hand
- Change the size of the targets and create a different scoring system

People
- If you have another person in your house, try to compete against each other – who can hit the most targets with 10 throws
- Challenge a friend with an online competition

Learning intention
Physical:
- To develop the technique of throwing under-arm, and developing accuracy

Personal:
- Personal Challenge

Learning questions:
- Where did you plant your foot when throwing?
- Where did you point your throwing hand after the throw?
- Identify 3 coaching points for throwing a ball under-arm
- When would you choose to use this type of throw during a game of Cricket?

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary