

### Content outline

This activity aims to focus on the correct technique to perform an overarm throw – which can be applied to Cricket

- Correct body position
- Throwing with your dominant hand
- Accuracy – aiming for targets
- Personal challenge



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



### 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)



### 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 (Eg. Larger wheelie bin for a big target, small bucket for a small target)



### Equipment

- Change size of ball (a larger ball will make hit targets easier)
- To increase difficulty, use a larger targets (Eg a large bin)
- To decrease difficulty use smaller targets (Eg.a small bucket)



### 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 over-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 over-arm
- When were you most successful during the tasks? And why?
- When would you choose to use this type of throw during a game of Cricket?