#ThisIsPE

**Cricket — Over-arm throw**

SECONDARY KEY STAGE 4 PE /// STRIKE/FIELD

**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

**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 (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)

**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)

**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?

More resources

[www.youthsporttrust.org/free-home-learning-resources-secondary](http://www.youthsporttrust.org/free-home-learning-resources-secondary)