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 (a larger ball will make hit targets easier)
• To increase difficulty, use a smaller targets (Eg a large bin)
• To decrease difficulty use larger 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 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 were you most successful during the tasks? And why?
• When would you choose to use this type of throw during a game of Cricket?

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

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