

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



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 smaller targets (Eg a large bin)
- To decrease difficulty use larger 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 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?