

Content outline

This activity aims to focus on developing the overarm throw, whilst independently applying an appropriate level of challenge

- Correct body position
- Accuracy
- Resilience
- 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 targets (to make the task more difficult)
- Decrease the distance from the targets (to make the task easier)



Task

- How many successful throws can you make in 30 seconds?
- Number the targets being used and complete the activity in a sequence
- Create a scoring system with different size targets and distances



Equipment

- Change size of ball / item being thrown
- To increase difficulty, use a smaller ball (Eg table tennis ball)
- To decrease difficulty use a bigger ball (Eg.a football or netball)
- Increase or decrease the size of the targets to alter difficulty



People

- If you have another person in your house, work together to see how many times you can throw and catch together – and slowly increase the distance to make the task harder
- If you own a hoop – one person can use this as a target to encourage the correct ball flight
- Challenge other people to a competition, and create a point scoring system

Learning intention

Physical:

- To develop the technique of throwing underarm

Personal:

- Personal Challenge
- Resilience

Learning questions:

- What are the key technical points for the overarm throw?
- Did your personal score improve throughout this activity?
- Explain how and why your score changed
- At what height should the ball travel through the air during the throw?
- When might you use this throw in a game of rounders?
- Which position(s) is this skill most important? And why?