GetActive@Home

Episode 3 - Overarm throw

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Perform the following throwing activities using a bean bag, ball or similar.

- From a set distance, throw towards positioned targets.
- Play a game of throw, catch, return with a partner.
- Throw to a partner using dominant and non-dominant hand.

Mega Challenge

- Set targets at varying levels to challenge throwing accuracy.
- Throw to a partner over varying distances.

Creative Challenge

- Combine different movements such as hopping and spinning around whilst throwing at set targets or to a partner.

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With a partner try:

- Choosing different starting positions for the ball before throwing it at the target.
- Marking out a set distance for relay running in between throwing the ball at the target.
- Trying combining different fitness infusion activities for example, performing a set number of jumping jacks before throwing.



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These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PDe1-4 performs movement skills in a variety of sequences and situations.

PDe1-11 incorporates elements of space, time, objects effort and people in creating and performing simple movement sequences.

Sample questions:

How do you use your eyes to hit a target? (Technical)

How hard do you throw the ball to a partner? (Tactical)

Why do we use our feet and arms to throw? (Reinforce)

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Stand side on to the target and extend non-throwing arm. Throwing arm downwards then up (smiley face).
Step opposite leg forward (step over the creek).
Throw the ball and follow through (shoot the star).

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3 bean bags, balls or similar.
3 small items such as field markers to set as targets.

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Stage 1

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Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD1-4 performs movement skills in a variety of sequences and situations.

PD1-11 incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

Sample questions

How do you use your eyes to hit a target? (Technical)
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