GetActive@Home

Episode 2 - Underarm throw

Stage 2

Challenges

Perform the following underarm throwing activities with a ball.

- From a close distance, throw the ball at a set target.
- Set markers at varying distances to throw the ball at the target.

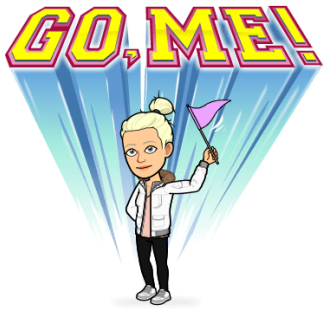
Mega Challenges

- Set out a number of balls at varying distances from the target. Perform five 'ice skater' movements (step one foot to the side then bring the other foot in behind) before throwing the ball at the target. Then complete a standing long jump to the next ball before repeating the sequence.
- Creative challenge: Repeat the sequence and create varying throwing positions using dominant/non-dominant hand.

Other variations

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
- combining different fitness infusion activities for example, performing a set number tuck jumps before throwing.



Suggested PDHPE Outcomes

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

PD2-4 performs and refines movement skills in a variety of sequences and situations.

PD2-11 combines movement skills and concepts to effectively create and perform movement sequences.

Sample questions

How can you move your feet to create a new throwing position?

How can you use your eyes to create more awareness of your surroundings whilst throwing?

Teaching cues

Eyes on the target (laser eyes).
Step forward (opposite leg to throwing arm).
Throwing arm back then forward (smiley arm).
Point at the target.

Equipment

Ball, soft toy or rolled up pair of socks .

NSW GOVERNMENT Education

GetActive@Home

Episode 2 - Underarm throw

Stage 3

Challenges

Perform the following underarm throwing activities with a ball.

- From a close distance, throw the ball at a set target.
- Set markers at varying distances to throw the ball at the target.

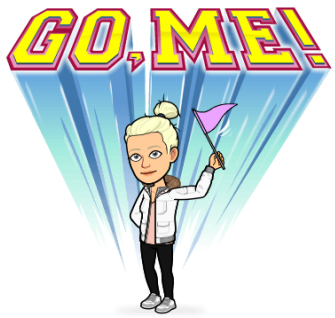
Mega Challenges

- Set out a number of balls at varying distances from the target. Perform five 'ice skater' movements (step one foot to the side then bring the other foot in behind) before throwing the ball at the target. Then complete a standing long jump to the next ball before repeating the sequence.
- Creative challenge: Repeat the sequence and create varying throwing positions using dominant/non-dominant hand.

Other variations

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
- combining different fitness infusion activities for example, performing a set number tuck jumps before throwing.



Suggested PDHPE Outcomes

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

PD3-4 adapts movement skills in a variety of physical activity contexts.

PD3-11 selects, manipulates and modifies movement and concepts to effectively create and perform movement sequences.

Sample questions

How can you combine foot and body movement to create more challenging throwing positions?

How can you use your eyes to create more awareness of your surroundings whilst throwing?

Teaching cues

Eyes on the target (laser eyes).
Step forward (opposite leg to throwing arm).
Throwing arm back then forward (smiley arm).
Point at the target.

Equipment

Ball, soft toy or rolled up pair of socks .

NSW GOVERNMENT Education