GetActive@Home

Episode 3 - Overarm throw

Stage 2

Challenges

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..

Mega Challenge

- Set targets at varying levels and distances to challenge throwing accuracy.
- Throw to a partner while they are moving.

Creative Challenge

- Combine different movements such as hopping and ball handling combinations whilst throwing at set targets or to a partner.

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 running to receive a ball from your partner.
- Try combining different fitness infusion activities for example, performing a set number of burpees 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.

Samplequestions

How can we combine hand and foot movement to throw?

Why do we need to follow through when we throw?

How hard do we need to throw when our target is moving closer or further away?

Teaching cues

Stand side on to the target (warrior pose).

Throwing arm at side then up (thumb to thigh, ball to the sky).

Step opposite leg forward.

Throw the ball and follow through.

Equipment

3 bean bags, balls or similar.

3 small items or a wall to use as a target area.

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Other variations

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- Marking out a set distance for running to receive a ball from your partner.
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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 we combine hand and foot movement to throw?
Where do we look when our target is moving?
How do we combine accuracy and force when throwing towards a moving target?

Teaching cues

Stand side on to the target (warrior pose).
Throwing arm at side then up (thumb to thigh, ball to the sky).
Step opposite leg forward.
Throw the ball and follow through.

Equipment

3 bean bags, balls or similar.
3 small items or a wall to use as a target area.

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