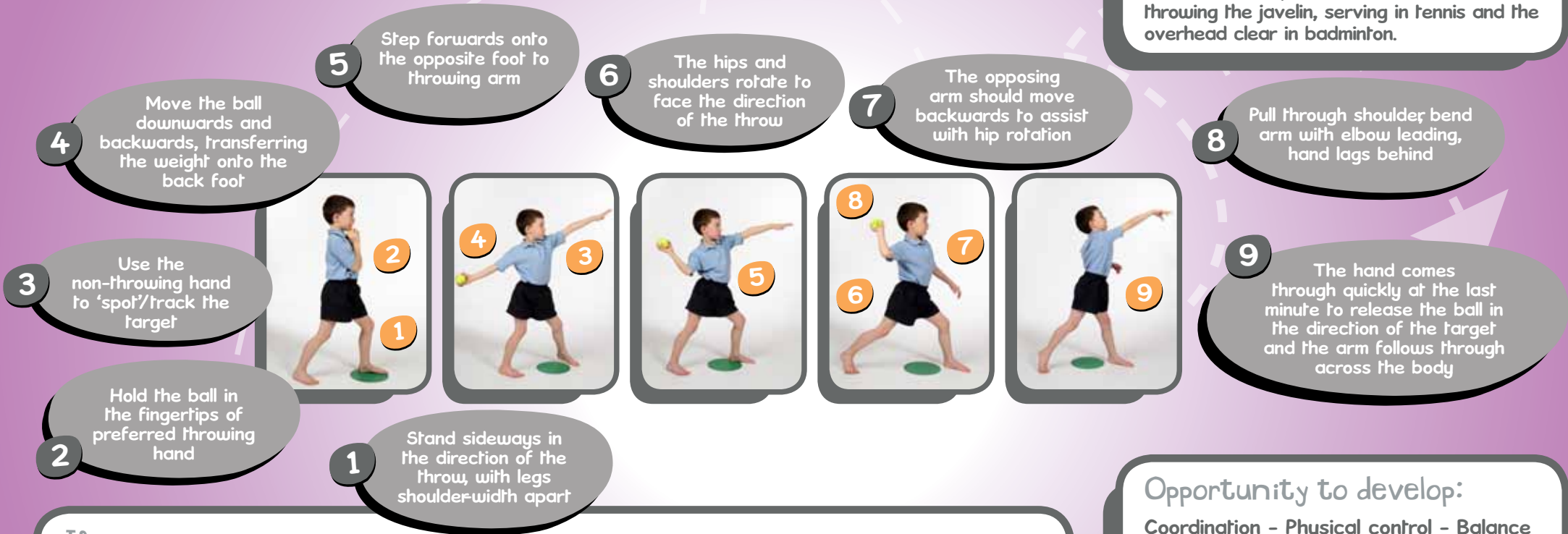# As they become more skilful Manipulative

Overarm Throw

The overarm throw is a strong, direct throw that generates power from transferring weight in a rocking action. The skill is used in many major games, e.g. cricket, baseball, rounders, basketball and American football. The movement pattern is also used in throwing the javelin, serving in tennis and the overhead clear in badminton.

5 Step forwards onto the opposite foot to throwing arm

6 The hips and shoulders rotate to face the direction of the throw

7 The opposing arm should move backwards to assist with hip rotation

8 Pull through shoulder bend arm with elbow leading, hand lags behind

4 Move the ball downwards and backwards, transferring the weight onto the back foot

3 Use the non-throwing hand to 'spot'/track the target

9 The hand comes through quickly at the last minute to release the ball in the direction of the target and the arm follows through across the body

2 Hold the ball in the fingertips of preferred throwing hand

1 Stand sideways in the direction of the throw, with legs shoulder-width apart

If you see...

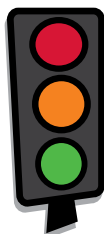| Observation	Likely cause	Solution
Ball is thrown across the body	Stands face on	Place child in side-on position. Place a ball behind the child on a tee or on a partner's hand to encourage a side-on stance
Ball 'loops' upwards and does not travel very far	Holds the ball in the palm of their hand. Holds on to the ball for too long	Encourage the child to imagine the ball is dirty and they need to keep a clean palm
Throws the ball into the ground	Elbow points to the ground and ball released downwards	Take arm back and ensure that elbow is pointing up to the sky. Hand is under ball
Ball 'loops' straight up into the air on release	Ball is released too early and from behind the head	Encourage the child to release the ball just as the hand brushes past the ear

Opportunity to develop:

Coordination - Physical control - Balance

Physical Development Area of Learning - **contributes to 'Personal' and 'Adventurous and physical play' skills sections**

Safety!
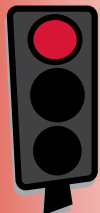
Ensure...

children throw the ball only when instructed

As they become more skilful
Manipulative

Overarm Throw

Traffic light key

- mostly x's
- ✓ and x
- mostly ✓'s

Can you see...?

- the child standing side-on to the direction of the throw with feet apart? ☐
- the child's hips and then shoulders rotating during the throwing action? ☐
- the child taking the throwing arm backwards and downwards prior to the throw? ☐
- the child stepping forwards with the opposite foot to throwing arm? ☐
- the child's elbow leading the throwing action, followed by the forearm and lastly the throwing hand? ☐

Red

- Hit a balloon back with an overhand action
- Place a ball on a table or another child's hands behind the child to encourage them to reach behind and transfer their weight backwards
- Throw large shuttlecocks over a net or barrier

Orange

- Throw a beanbag against a wall
- Throw a beanbag over a net or barrier
- Throw within a narrow area. Use chalk, ropes, cones to encourage the child to throw straight
- Throw a tennis ball against a wall

Green

- Throw a small ball into a target/hoop on a wall
- Increase the distance that the hoop is away from the child
- Throw over a higher target, increase the distance
- Throw into targets that are smaller, further away
- Throw a tennis ball to a practitioner for them to catch

More Able & Talented

- Throw a ball overarm to hit a target from standing on a line, on a beam, on a wobble spot
- Throw a ball overarm to be caught by a partner by their knees, above their head, away from their body, close to their body
- Throw a ball overarm against a wall and catch two handed

- Throw a ball overarm using any combination of the above from a wobble spot, using a variety of balls
- Throw a ball overarm accurately at a moving target
- Throw a ball overarm between you and a partner stationary and moving between markers, using fast feet
- Throw a ball overarm using two hands, any combination from above and a variety of balls
- Throw a ball overarm accurately in response to a range of cues, use both hands
- Combine dribbling with hands, bouncing, catching, throwing and fast feet in response to a range of cues, using different directions, pathways and speeds
- Throw a ball overarm accurately to a partner moving into space