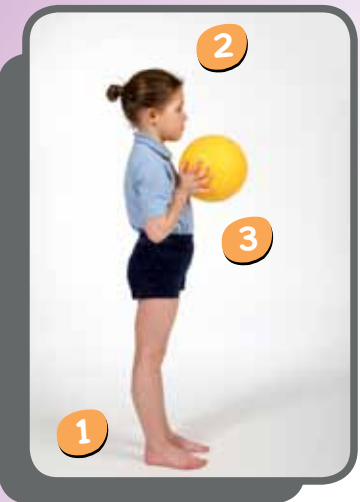


As they become more skilful
Manipulative

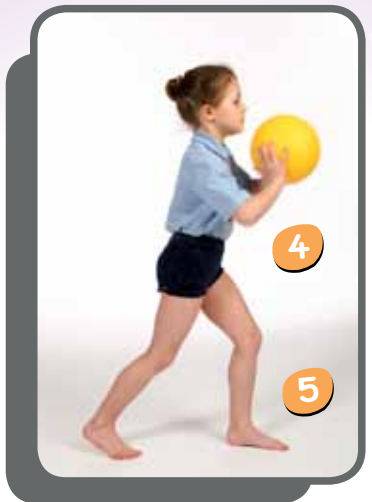
Two-handed Throw

A two-handed throw is used to propel a ball towards a target or another child for them to catch. Fingers are spread behind the ball and wrists and elbows are extended forwards as the ball is released.

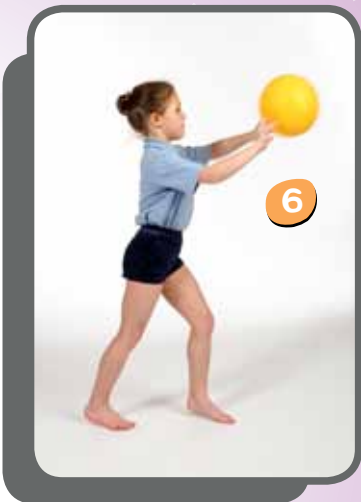
1 Stand facing the direction of the throw



2 Eyes are focused on the target



3 Fingers are spread around the ball, thumbs together in 'W' formation



6 Arms straighten, extending elbows and wrists and fingers follow through in the direction of throw

4 Arms are bent and elbows kept in

5 Step forward into the throw

Opportunity to develop:
Spatial awareness - Motor & manipulative skills - Control - Accuracy
Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

If you see...


Observation	Likely cause	Solution
Child falls backwards as they throw. Pass fails to reach its target	No step into the throw	Place a marker spot for child to step onto
Ball falls to the ground or bounces before its target	Ball is held with hands and fingers on the side of the ball	Ball to be held with fingers and hands behind the ball. Start with a smaller ball
Ball 'loops' into the air	Ball is held with fingers and hands under the ball	Push through the ball

Safety!
Ensure...
children only throw when other children are watching

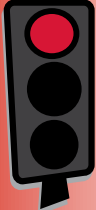
As they become more skilful

Manipulative


Two-handed Throw




mostly x's
 ✓ and x
 mostly ✓'s




- Practise holding a balloon with thumbs behind 'W' formation and fingers spread around it
- Keeping hold of a balloon, draw shapes and letters in the air; moving the balloon upwards, downwards, to the side
- Push a balloon away from body
- Place markers/spots to encourage the child to step forward holding the ball
- Throw a large soft ball towards a wall
- Throw a ball as far as you can



- Throw a large soft ball for distance over benches, ropes, cones, chalk
- Throw a large soft ball at a target on the wall
- Throw a ball over obstacles, such as poles across cones, badminton net
- Throw a ball to go through a hoop and land in a hoop on the floor



- Throw larger, heavier balls
- Throw a ball to hit a target, large cones, and skittles
- Throw a ball to practitioner who moves side to side, backwards and forwards
- Walk to pick up a ball and throw to practitioner
- Run to pick up a ball and throw it to practitioner
- Catch a ball and return it using two-handed pass



- Throw a ball using a two handed throw to hit a target from standing on a line, on a beam, on a wobble spot
- Throw a ball using a two handed throw to be caught by a partner by their knees, above their head, away from their body, close to their body
- Throw a ball using two hands against a wall and catch two handed
- Throw a ball using two hands and any combination of the above from a wobble spot, using a variety of balls
- Throw a ball using two hands accurately at a moving target
- Throw a ball using two hands between you and a partner stationary and moving between markers, using fast feet
- Throw a ball accurately using two hands, any combination from above and a variety of balls
- Throw a ball accurately using two hands in response to a range of cues
- Combine dribbling with hands, bouncing, catching, throwing and fast
- Throw a ball using two hands accurately to a partner moving into space
- Throw a ball accurately using two hands to a partner who is under pressure from a defender
- Throw a ball accurately using two hands to a partner with both of you under pressure from a defender

Can you see...?

- the child standing face-on to the direction of the throw?
- the child's head is still and eyes focused on the target?
- the child spreading their fingers around the ball and thumbs together behind the ball?
- the child stepping forwards as they throw?
- the child keeping their elbows in towards the body?
- the child straightening their arms and fingers following in the direction of the throw?