As they develop Manipulative

Underarm Throw

An underarm throw is used to propel an object over a short distance accurately. It involves the transference of weight forwards as the straight-throwing arm swings through from the back to the front to release the object at hip height.

1. Stand facing the direction of the throw
2. Hold the object in throwing hand
3. Step forwards with the opposite foot to throwing arm
4. Swing the throwing arm backwards and then forwards, keeping it extended and relaxed
5. Release the ball in front of the body at approximately hip height
6. Follow through in the direction of throw, with the throwing hand pointing to target



Opportunity to develop:

Coordination - Manipulative skills - Spatial awareness - Sending skills - Accuracy

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

If you see...

Observation	Likely cause	Solution
Object does not reach target	Releases the object too early and with little back swing of the arm. Does not step forward as object is released	Throw over obstacles. Practise stepping and swinging. Place markers on the floor to step forwards onto
Object 'pops' up vertically in the air	Releases the object too late	Instruct child to release object when hand is pointing at target

Safety!

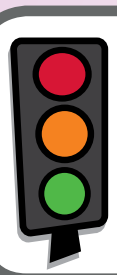
Ensure...

children only throw when instructed

a throw line and the target are clearly identified

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Underarm Throw



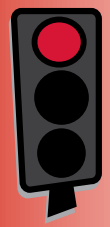
mostly x's

✓ and x

mostly ✓'s

Can you see...?

- the child's eyes focused on the target? ☐
- the child stepping forward onto the opposite foot to the throwing hand? ☐
- the child taking their throwing arm back as they step forward? ☐
- the child releasing the object in front of them at hip height? ☐
- the child following through by pointing towards their target? ☐



- Throw a beanbag against a wall. Throw a beanbag to land on the floor
- Throw at a large target; throw into practitioner's hands in 'ready' position
- Use nursery rhymes to encourage the swing back and rock-step movement e.g. 'See Saw Marjorie Daw'. Refer to a pendulum action
- One child stands in front of the other. Child behind holds an object on the palm of their hand for the front person to reach behind, pick up and throw – in one continuous action
- Throw large soft balls against a wall
- Place coloured spots on the floor to encourage child to step onto opposite foot to throwing hand



- Throw a beanbag against a target on the wall, e.g. spots, circles, squares, or to land in an area marked out on the floor, e.g. circle, square, roped area
- Throw a beanbag for distance. Place ropes/chalk lines and encourage the child to throw beyond these
- Throw a beanbag/ball to land on the other side of a target, e.g. poles across cones, net, bench
- Throw large soft balls against a target on the wall, e.g. spots, circles, squares
- Throw different sized, shaped and coloured objects and balls
- Throw the ball to travel between hip and waist height. Throw ball through hoops or poles positioned at between hip-waist height



- Throw for accuracy. Ask the child to throw a beanbag into a hoop, box or area
- Throw a beanbag to hit a box, cone on the floor, or land in the box
- Throw a greater distance
- Throw a beanbag/ball over a greater height
- Throw a smaller ball at a target on the wall
- Throw to partner's hands 'ready' position as they move within their garden
- Throw beanbags to land in hoops. Introduce a simple scoring system



- Throw a ball accurately underarm to hit a target, standing on a line, on a beam, on a wobble spot
- Throw a ball accurately underarm to be caught by a partner by their knees, above their head, away from their body, close to their body,
- Throw a ball underarm against a wall and catch one handed
- Throw two balls underarm against the wall, use one hand then swap to use the other hand, catch one handed with the non-throwing hand and then pass the ball to the throwing hand- juggling circuit. Change throwing/catching hand
- Throw underarm using any combination of the above from a wobble spot, using a variety of balls
- Throw underarm using any combination from above using both hands alternately and a variety of balls
- Throw a ball in response to a range of cues, use both hands alternately
- Combine dribbling with hands, bouncing, catching, throwing and fast feet in response to a range of cues, following a range of pathways

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