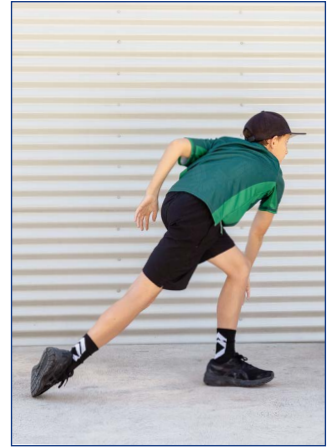


Overarm throw



Skill components

(Introductory components marked in **bold**)

1. **Eyes focused on target area throughout the throw.**
2. **Stands side-on to target area.**
3. Throwing arm moves in a downward and backward arc.
4. **Steps towards target area with foot opposite throwing arm.**
5. Hips then shoulders rotate forward.
6. **Throwing arm follows through, down and across the body.**

Teaching cues

- Ready: stand-side on like a surfer.
- Aim: move your hands to your chest. Move your throwing hand in a downward and backward arc.
- Point non-throwing arm at target.
- Fire: step towards the marker (use a marker to step onto).

Common errors

- Standing front on to the target.
- Stepping with the foot on the same side as the throwing arm.
- No weight transfer.
- No follow-through.



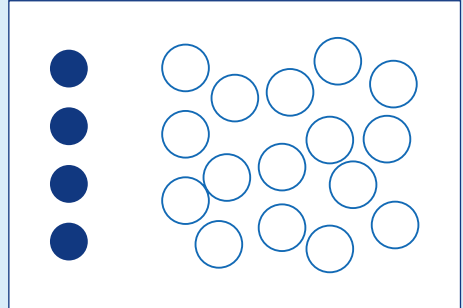
Game:

Hoop elimination



Set-up

- Set up a line of markers to show where students will stand.
- Place a beanbag on a marker for each student.
- Randomly scatter 15 hoops, 5 to 10 metres away.



Equipment

- Cones or markers
- Hoops
- Beanbags

How to play

1. Students stand on a marker, side-on to the target area with a beanbag in their throwing hand.
2. When the teacher says “ready, aim, fire!”, the students throw their beanbags and try to land them in a hoop.
3. When all the beanbags have been thrown, the teacher removes any hoops containing beanbags.
4. Students collect their beanbags and try again.
5. Students work together to eliminate all of the hoops.

Variations

Make it easier

- Start the students closer to the hoops.
- Use ‘hot zone’ hoops. For example, if a student lands a beanbag in a blue hoop, all blue hoops are eliminated.

Make it harder

- Use a volleyball net between the students and the hoops.
- Students throw with their non-dominant arm.
- Move the hoops further away from the marker.