

Spar Lancashire School Games

Learn!

Skill 7: Overarm Throw

Equipment: Marker, tennis balls or items that fit in hand suitable for throwing, tape measure

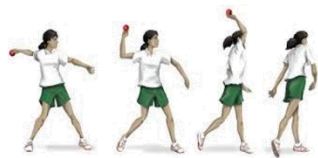
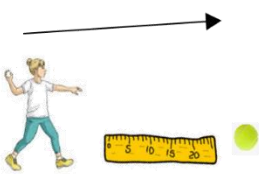
Aim: To develop the skill of distance and accuracy when overarm throwing.

Task 1: Complete the below activity seeing how far you can throw an item with your dominant hand.

Task 2: Complete it again but try with your other hand

Video Demonstration

Practice makes perfect - play the following game with a parent, carer or sibling

| Skill/ Skills | Activities | How to Play |
|------------------|--|--|
| Overarm Throwing | <p>Distance Throwing</p>   | <ol style="list-style-type: none"> 1. Set up a throwing line at the back of your space. 2. Use 3 throwing items that fit into one hand, no bigger than a tennis ball. Ideally use a tennis ball but could use rolled up socks or small soft toy. 3. Using the overarm throw technique, try to throw one item at a time out into your space. 4. From your throwing line, count how many steps/strides it takes to get to your furthest item, that is your best score. The further the better. |

Points to help improve overarm throwing

Stand sideways on to the target, throwing right-handed (as above pic), left foot forward and vice versa for left-handed throw.

Generate more power by rotating your core at the hips

Aim up and out, not down at the ground, ideally approx. 45 degrees throwing angle.

Repetition - keep practicing, especially with both hands

Now you have practiced this skill why not try out our Challenge!

Click here to be taken to the [Challenge Resource Card](#):

Spar Lancashire School Games

Year 1 & 2 Challenge!

Linked to Learn! 7 - Overarm Throw

You have been busy practicing your overarm throwing. Are you ready to take part in our challenge?

Turkey Shoot

How many items can you knock over?

You will need:

- Tennis ball or rolled up socks
- 5 discarded juice bottles, $\frac{1}{4}$ filled with water
- Marker for the throwing line
- Boxes or chairs to alter the height of the targets



How to:

- Set up your targets (bottles) in your space, ideally at different heights and distances. They have a bit of water in so that they don't blow over.
- Can use chairs boxes etc to alter the height.
- Set up your throwing line so that you must use the overarm throw to reach all your targets. You can go closer or further away but measure the distance to the first target.
- You have 5 opportunities to knock over as many bottles as possible using the overarm throw technique, you get 50 points per bottle and a bonus of 100 points if you knock them all down.
- If you only have one ball, or item you can go and collect it each time, as long as you only have 5 turns.

Video Demonstration