

Spar Lancashire School Games

Learn!

Skill 2: Under Arm Throw

Aim: To master the fundamental movement skill of throwing under arm and to improve accuracy and technique

Task 1: Practice the skill with a ball, rolled up socks or scrunched pieces of paper

Task 2: Practice makes perfect - play the following game with a parent, carer or sibling

[Video Demonstration](#)

Skill/Skills	Activity	How to Play	Equipment
Under Arm Throw	<p>Noughts and Crosses</p> <pre> x △ ○ ○ ○ △ x ○ ○ ○ ○ ○ ○ </pre>	<ul style="list-style-type: none"> • Mark out a noughts and crosses grid • Take turns throwing towards the grid, one piece of paper at a time • Aim of the game to achieve 3 in a row 	<p>X a noughts and crosses grid - either taped or chalked out</p> <p>x9 pieces of paper in 2 different colours scrunched into balls</p>



Points to help improve throwing:

Face direction of throw

Step forward with opposite foot to throwing hand

Follow through with arm - fingers pointing towards target

“Elephants trunk”

Trajectory of throw like a rainbow

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! 2 - Under Arm Throw

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

BIN IT CHALLENGE!!!

How quick can you throw the objects into the bin?



You will need:

A small bin or box

10 scrunched up pieces of paper, small balls or rolled up socks

A stopwatch/phone

- Place you bin or box in the centre of your room, yard or garden
- Take 3 big steps back from the bin
- How many objects can you get into the box or bin in 30 seconds?
- See if you can beat your first attempt
- See if you can beat your parent, carer or sibling

[Video Demonstration](#)

