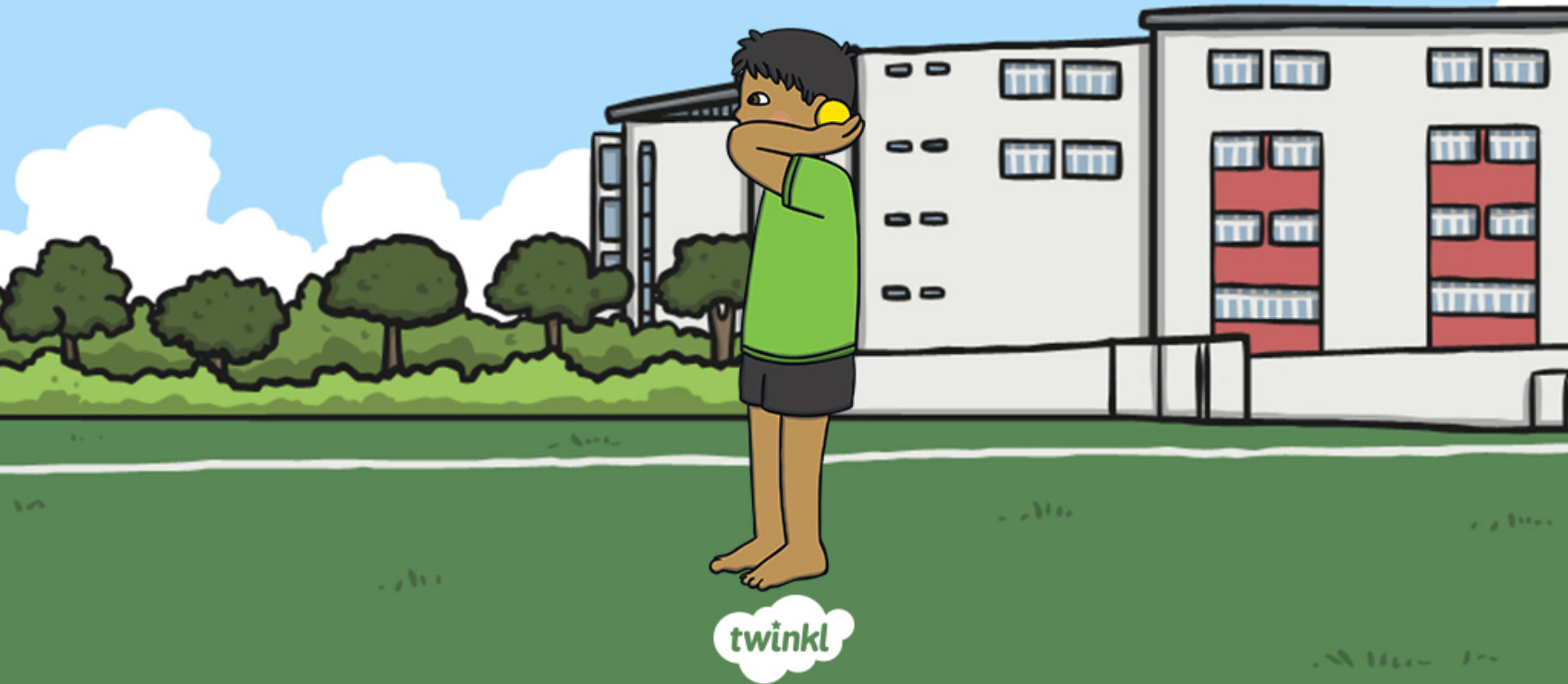


# Throwing Overarm



# Aim

- I can throw overarm.

## Success Criteria

- I can throw an object underarm.
- I can throw an object overarm.
- I can decide which type of throw to use.
- I can hit an object when throwing overarm.

# What Can You Do?



Choose a beanbag or sponge ball.

Have a go at doing some of the throws you know already.  
Did you use an underarm or overarm throw?



overarm throw



underarm throw

# Underarm Throw



? Can you remember some good tips for throwing underarm?





## Underarm Throw

Stand with one foot in front of the other.

Look to where you want the ball to go.

Point to where you want the ball to go  
with the other hand.



# Simple Overarm Throw



An overarm throw is good for throwing objects over a long distance.

Tips for throwing overarm...

Look at the target.

Relax this arm at your side.

Bring the ball back to the shoulder and release with a push.

Bend your knees.



# Throwing at a Wall



Line up in front of a wall.  
Have a go at throwing your beanbags underarm, then overarm at the wall.

① How are the throwing techniques different? Which do you prefer?

Take a step or two back.

② Which throw is better from further away? Can you throw overarm with your other hand?



# Throwing at a Wall



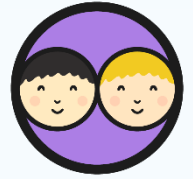
## Challenge

If you are able to use a simple overarm throw accurately, you can try extending your throwing arm and bringing the ball above your head before releasing it with a push.





# Hit the Target



Find a partner and take a piece of chalk or a hoop.  
Draw a target or place the hoop on the floor.

Stand a few paces back and see how many times you can hit the target  
with your beanbag in one minute, throwing overarm.

Your partner should count  
your hits.

Then swap over.



# Aim



- I can throw overarm.

## Success Criteria

- I can throw an object underarm.
- I can throw an object overarm.
- I can decide which type of throw to use.
- I can hit an object when throwing overarm.

