

I CAN

THROW OVERHAND ACCURATELY USING CORRECT FORM



PHYSICAL LITERACY MANIPULATIVES

SUCCESS CRITERIA

THROWING ARM IS SWUNG FAR BACK IN PREPARATION FOR FORWARD SWINGING ACTION

STEP WITH THE OPPOSITE FOOT TO THE THROWING ARM

OPPOSITE ARM IS RAISED FOR BALANCE/DIRECTION

THERE IS A DEFINITE TURNING OF THE BODY THROUGH LEGS, HIPS AND SHOULDERS

WEIGHT TRANSFERS FROM BACK FOOT TO FRONT FOOT

GRADES K-2

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

GRADES 3-5

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments

GRADES 6-7

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

I CAN

**THROW OVERHAND
ACCURATELY USING
CORRECT FORM**



**PHYSICAL
LITERACY
MANIPULATIVES**

LEARNING CUES

- GRASP THE BALL IN ONE HAND
- POSITION YOURSELF SIDE ON TO TARGET
- TAKE ARM WAY BACK SO THAT MOMENTUM BUILDS FOR THE THROW
- STEP FORWARDS WITH OPPOSITE FOOT TOWARDS TARGET
- SWING THROUGH – LONG ARM AT RELEASE
- FOLLOW THROUGH WITH YOUR THROWING ARM IN THE DIRECTION OF THE TARGET

