

# GetActive@Home

## Episode 2 - Underarm throw

2

Perform the following underarm throwing activities with a ball.

- From a close distance, throw the ball at a set target.
- Set markers at varying distances to throw the ball at the target.

### Mega Challenge

- Set varying distances from the target. Perform three body weight squats, then throw the ball at the target.
- Repeat this sequence using dominant/non-dominant hand.

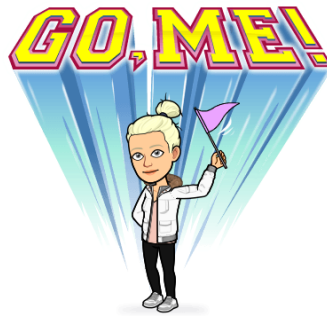
### Creative Challenge

- Move the body any way you can while throwing the ball at the target.

œ

With a partner try:

- choosing different starting positions for the ball before throwing it at the target
- marking out a set distance for relay running in between throwing the ball at the target.
- combining different fitness infusion activities for example, performing a set number tuck jumps.



Í Á 9 c ÁA 'œ

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

**PDe1-4** performs movement skills in a variety of sequences and situations.

**PDe1-11** incorporates elements of space, time, objects effort and people in creating and performing simple movement sequences.

### Sample questions:

Where do you look when throwing? (Technical)

How do you move to make throwing easier? (Tactical)

What do we say to make throwing easier? (Reinforce)

Û

Eyes on the target (laser eyes).

Step forward (opposite leg to throwing arm).

Throwing arm back then forward (smiley arm).

Point at the target.

A

Ball, soft toy or rolled up pair of socks.

# GetActive@Home

## Episode 2 - Underarm throw

Stage 1

### Challenges

Perform the following underarm throwing activities with a ball.

- From a close distance, throw the ball at a set target.
- Set markers at varying distances to throw the ball at the target.

### Mega Challenge

- Set varying distances from the target. Perform three body weight squats, then throw the ball at the target.
- Repeat this sequence using dominant/non-dominant hand.

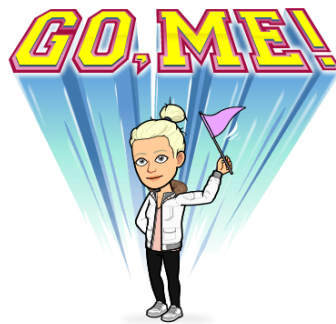
### Creative Challenge

- Move the body any way you can while throwing the ball at the target.

### Other variations

With a partner try:

- choosing different starting positions for the ball before throwing it at the target.
- marking out a set distance for relay running in between throwing the ball at the target.
- trying combining different fitness infusion activities for example, performing a set number tuck jumps.



### Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

**PD1-4** performs movement skills in a variety of sequences and situations.

**PD1-11** incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

#### Sample questions

Where do you look when throwing? (Technical)

How do you move to make throwing easier? (Tactical)

What do we say to make throwing easier? (Reinforce)

### Teaching cues

Eyes on the target (laser eyes).

Step forward (opposite leg to throwing arm).

Throwing arm back then forward (smiley arm).

Point at the target.

### Equipment

Ball, soft toy or rolled up pair of socks .