



Warm up: THROWING

ROLL AND CHASE

This warm up game is exactly what it says on the tin! Find an object that you can roll, this could be a ball of any size or shape, a tin of beans, or even rolled up socks. You must roll your object around the room or garden and chase after it. You can chase if by running, skipping, walking or even hopping! Any way you can think of moving!

Equipment:

Different coloured cones. (or use objects that are different colours)



Main activity: Underarm / Overarm practice

With whoever is in your house you can practice your throwing skills! Using the object in the first warm up game, you must try to throw the object using both underarm and overarm throws! This can be done anywhere, just keep practicing until you are confident!

Duckling Island

Using 10 objects as markers, create a big circle – inside the circle make an area (pond) The idea is to throw the object (ducklings) into the pond from different places around the circle, see how many you can get out of 10 using underarm throw.



Endurance circuit

To finish today's session, try this little circuit. Make sure you complete it 3 times!

Have a break after you have done all 4 exercises once:

- 5 star jumps
- 10 spotty dogs
- 10 high knees
- 3 lie down / stand ups



Coaching points:

- When rolling – opposite foot forward
- Aim with non - rolling hand
- Bend knees and get lower to the floor
- Swing throwing arm back and forth
- Release the ball so it moves smoothly across the surface

Underarm throw:

- Opposite foot forward
- Aim with non- throwing hand
- Swing throwing arm backwards and forwards
- Release object with control when throwing hand is level with non-throwing hand

Overarm throw:

- Stand side on target
- Throwing arm moves downwards and backwards
- Hips and shoulders rotate forwards, elbow bends
- Hands move forwards to release ball upwards
- Throwing arm follows through



Differentiation:



- EASIER** – Make the distance between the cones shorter. Don't call out many changes.
- HARDER** – Make the distance between the cones longer.
- Complete 3 sets of different travelling.