

# PDHPE

# Stage 2

## Overarm Throw

### Activity context

The overarm throw is a fundamental movement skill which is introduced to students in Stage 1. In Stage 2 students should be provided with opportunities to practice and develop the skill. Emphasis throughout this lesson should be on fine-tuning the components of the overarm throw. The overarm throw is a manipulative skill frequently used in many sports, such as cricket, softball and baseball. The action is also used in athletics with the javelin, with the overhead serve and smash in tennis, volleyball and badminton and passes in netball and basketball.

### Syllabus links:

GSS2.8 Participates and uses equipment in a variety of games and modified sports.

- demonstrates fun ways of practising skills

MOS2.4 Displays a focus on quality of movement in applying movement skills to a variety of familiar and new situations.

- throws overarm proficiently.

### Notebook page



### Activity

Explain to students that the lesson will focus on the 'overarm throw'.

#### Review of skill

Review the components of the 'overarm throw' aloud.

- **Eyes focused on target area throughout the throw.**
- **Stands side-on to target area**
- Throwing arm moves in a downward and backward arc
- **Steps towards target area with foot opposite throwing arm**
- Hips then shoulders rotate forward
- **Throwing arm follows through, down and across the body.**

(Introductory components marked in bold)

Click on the paperclip icon located at corner of title "Overarm Throw"

to link to video.

[NB if you do not have QuickTime installed on your computer, the video may not play. In this instance use the *Get Skilled: Get active* resource (2005) available for purchase on the curriculum support website.]

The video shows a proficient student, followed by a developing student performing the FMS 'overarm throw'.

After observing the proficient student, you should mute the sound. As the developing student performs the skill, ask students to indicate

	<p>what the student is doing well and errors the student is making.</p> <p>Keep referring to the skill components of the overarm throw outlined in the lesson plan.</p>
	<p><b>Outside Activity</b> Take students outside to practise the overarm throw.</p> <p><b>Warm up Activity</b> <b>'Mice, cats, dogs'</b></p> <p>Equipment: Markers, a class set of coloured bibs for the farmers</p> <p>Mark out a rectangular playing area.</p> <p>Select two students to be farmers.</p> <p>All the other students are mice and line up on the other side of the playing area.</p> <p>One farmer calls “mice!” and all students attempt to run across to the other side without being caught.</p> <p>Any mice caught become cats.</p> <p>Any cats caught become dogs.</p> <p>A farmer then calls “mice!” who run as a group, then “cats!”, who run as a group then “dogs!”.</p> <p>Dogs that get caught become farmers and must wear a bib. The game continues until all of the students are farmers.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>• Students can wear tails made from material or velcro</li> </ul> <p>Change the method of locomotion.</p> <p><b>Skill Development Activity</b> <b>'Target throw and run'</b></p> <p>Equipment: One set of cricket wickets, one tennis ball, one marker, one hoop (launch pad) per game</p> <p>Divide the class into small groups.</p> <p>Use the hoop as a launch pad and place a base (marker) about 3 m away for the ‘thrower’ to run around.</p> <p>Place the target (wickets) a suitable distance away from the launch pad.</p> <p>‘Thrower’ stands in the launch pad and throws the ball at the target, then runs around the base (they score 1 point for each run completed, plus bonus points for hitting the target).</p> <p>Fielders collect the ball and place it on the launch pad, at which time the thrower must stop running.</p> <p>Change throwers after five throws.</p>

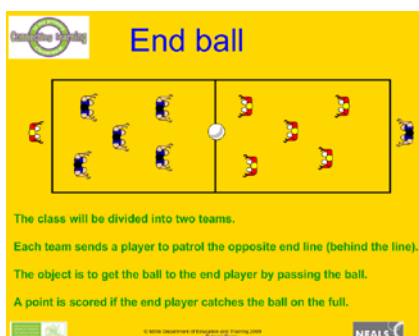
Variations:

Include targets at different distances worth varying points.

Vary the distance to the base.

While the students are practising the overarm throw say to the students:

- Look at the target
- Point to the target (with your no-throwing arm)
- Stand side-on
- Step forward and throw
- Follow through, down and across your body with your throwing arm
- Swing your arm down and back as you prepare to throw
- Step, throw and follow-through down and across your body.



### Minor Game Activities

Use the board to read through the rules of the game aloud.

Have students discuss how they can move around the field/ court to get the ball to the other end to gain a point.

Take class outside to play the game.

### 'End ball'

Equipment: a variety of balls, markers and bibs and a netball court.

Activity: Divide the class into two teams and give one team the set of bibs to wear. Each team sends a player to patrol the opposite end line (behind the line). The object is to get the ball to the end player by passing the ball. A point is scored if the end player catches the ball on the full.

Begin by using 'netball rules' – pass and move, no travelling with the ball. The ball must pass through each zone there is no end-to-end passing.

### Assessment strategies:

The teacher:

- observes student involvement and execution of key components of the overarm throw (eyes focused on target area, stands side on to target, throwing arm moves in downward and backward arc, steps towards target with foot opposite to throwing arm, hips then shoulders rotate forward, throwing arm follows through, down and across the body).
- Record progress on checklist for the overarm throw (GS: GA booklet).

### Assessment criteria:

The student:

- throws overarm proficiently
- demonstrates fun ways of practising skills e.g. partner, team
- demonstrates a range of skills in practices and modified games.

These criteria relate to outcomes MOS2.4 and GSS2.8.

*The Notebook files for each student can form part of your assessment to inform your teaching and captures "point in time" learning.*

