

PDHPE

Stage 1

Overarm Throw

Activity context

The overarm throw is a fundamental movement skill which is introduced in Stage 1. The focus for teachers should be on students developing the introductory 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:

ALS1.6 Participates in physical activity, recognising that it can be both enjoyable and important for health.




- engages in a range of planned activities

GSS1.8 Performs fundamental movement skills with equipment in minor games.

- participates in a range of minor games and practices that assist skill development
- throws a small ball or beanbag overarm to a wall, target or partner using high and low pathways

INS1.3 Develops positive relationships with peers and other people

- displays cooperation in group activities

Notebook page	Activity
 	<p>Explain to students that the lesson will focus on the 'overarm throw'.</p> <p>Introduction of skill</p> <p>Introduce the components of the 'overarm throw' aloud.</p> <ul style="list-style-type: none"> 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) <p>Click on the paperclip icon located at corner of title "Overarm Throw" to link to video. </p> <p>[NB if you do not have QuickTime installed on your computer, the video may not play. In this instance use the <i>Get Skilled: Get active</i> resource (2005) available for purchase on the curriculum support website.]</p> <p>The video shows a proficient student, followed by a developing student performing the FMS 'overarm throw'.</p> <p>After observing the proficient student, you should mute the sound.</p>

As the developing student performs the skill, ask students to indicate the errors the student is making.

Keep referring to the skill components of the overarm throw outlined in the lesson plan.

Outside Activity

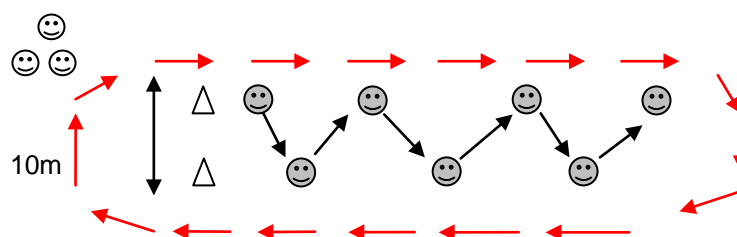
Take students outside to practise and develop the introductory components of the overarm throw.

Warm up Activity

Race the ball

The aim is for the throwing team to pass the ball over arm as many times as possible in the time it takes each member of the running team to run in relay formation around the outside of the playing area.

The distance between the throwing team is dependent on the students' ability. When all the runners have run, the game stops and the teams swap roles.



Skill Development Activity

Partner throws

1. In pairs, ask students to practice throwing and catching between each other from a sitting, kneeling and standing position. Ask students what role the different body parts play in the throw. What difference do they notice in trying to throw for distance when sitting or kneeling? Variations: students practice with bounce passes; high throw with partner catching after ball bounces.

2. Organise the students to work in two lines 5-7 metres away from their partner. Students stand side-on, with their non-throwing arm pointing towards their partner. A variety of soft objects should be used. Focus needs to be maintained on the throw, rather than the catch.

3. Work with a partner and experiment with different hip, shoulder and feet movements as they throw

- Stand facing towards the target, keeping their hips and feet still
- Stand side-on and rotate their shoulders but not their hips
- Stand side on and rotate hips and shoulders
- Take a small step as they throw to transfer their body weight.

Work with a partner to provide feedback about each of the different positions.

Students identify which position is the most efficient for distance and

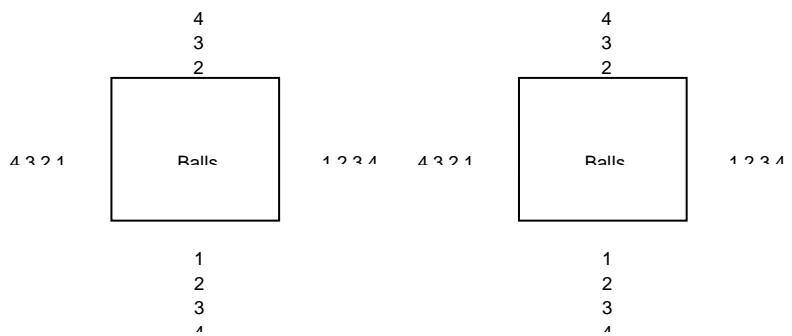
speed.

Minor Game Activities

Rob the nest

Divide the class into eight teams. Mark out two square playing areas. Each team lines up on a side of the square. Place a large number of balls in the centre. On the signal the first player in each team runs to the centre, collects and throws the ball to player two in their team. Player two collects the ball in a basket or hoop next to the team. Player two repeats previous step, throwing to player three. Player three repeats throwing to player four. Teams continue until there are no balls left in the centre. The team with the most balls collected wins.

Variation: continue the game with the teams complete in reverse order. The game ends when all balls are back in the centre.



Assessment strategies:

The teacher:

- observes student involvement and execution of key components

Assessment criteria:

The student:

- displays cooperation in group activities
- participates in a range of minor games and practices that assist skill development.
- engages in a range of planned activities
- demonstrates the introductory components of the overarm throw.

These criteria relate to outcomes INS1.3, ALS 1.6 and GSS1.8.

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