



Get active



8. Overarm throw

For the supervisor and the student

swing your throwing
arm right back



look to where
you are throwing

stand side on
to where you
are throwing

Show me how to ... **throw**

1



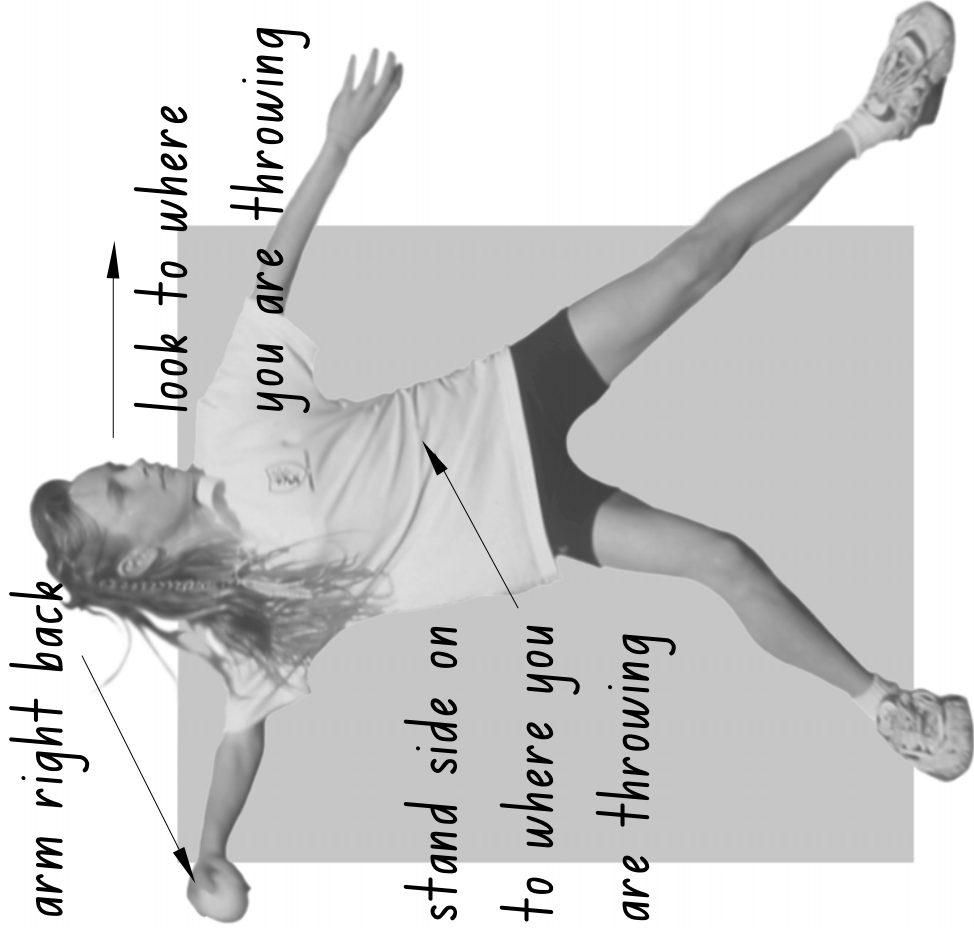
swing your
throwing arm up
and forward

step into the throw
on your front foot

Show me how to ... **throw**

2

swing your throwing
arm right back



look to where
you are throwing

stand side on
to where you
are throwing

Show me how to ... **throw**

1



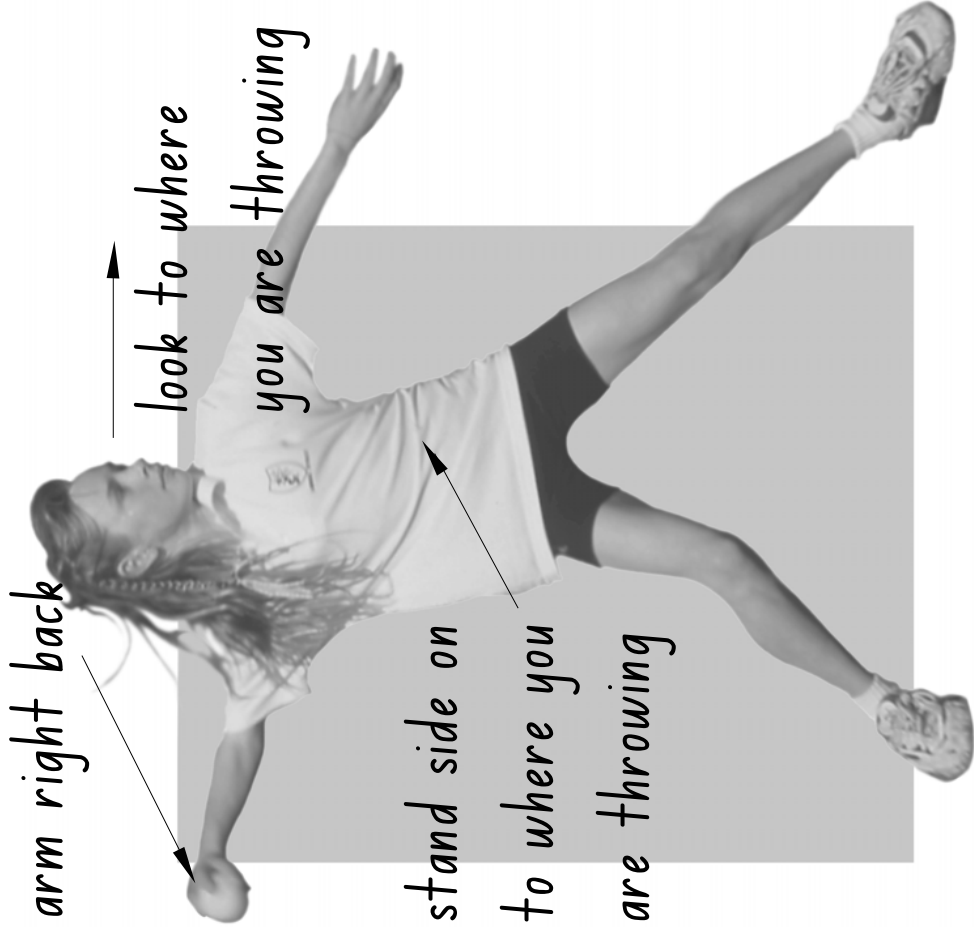
swing your
throwing arm up
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step into the throw
on your front foot

Show me how to ... **throw**

2

swing your throwing
arm right back



look to where
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stand side on
to where you
are throwing

Show me how to ... **throw**

1



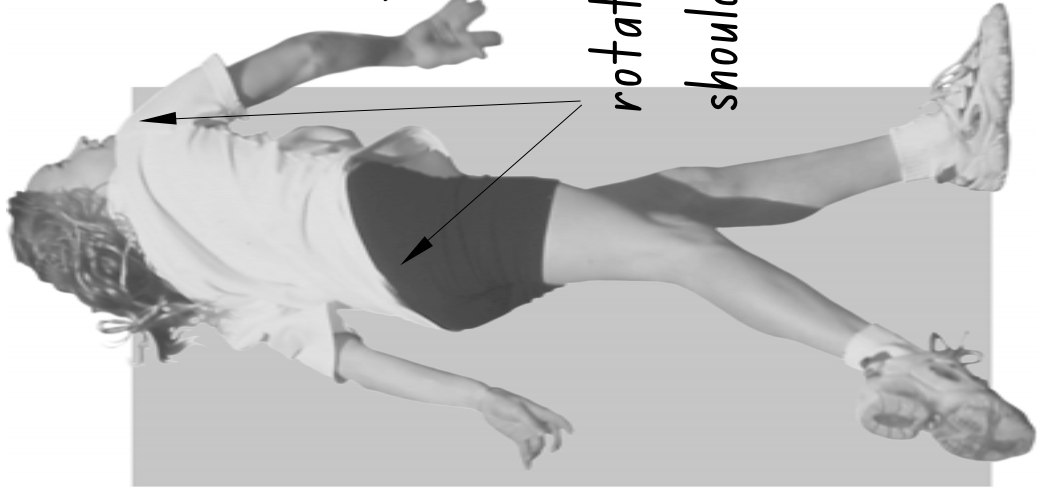
swing your
throwing arm up
and forward

step into the throw
on your front foot

Show me how to ... **throw**

2

*follow through
with your
throwing arm,
down and across
your body*

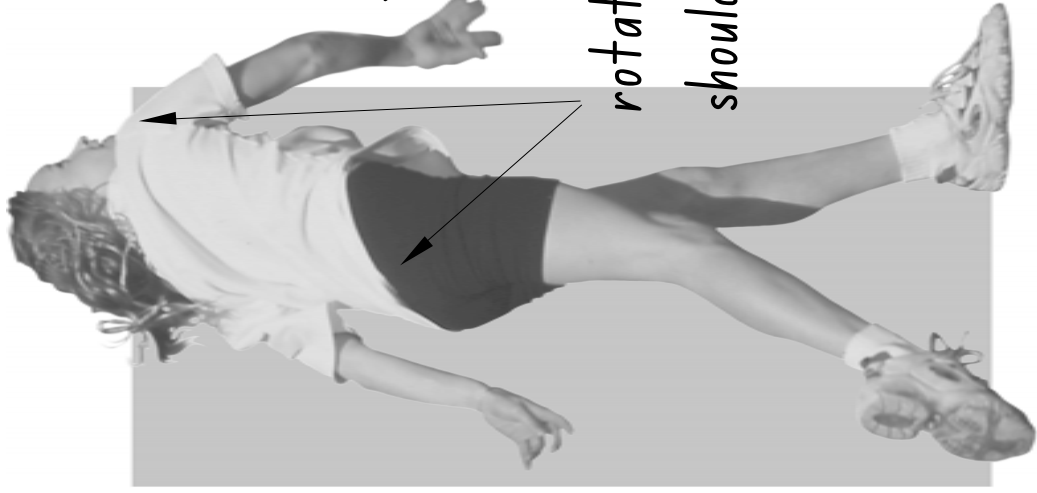


*rotate your hips and
shoulders forward*

Show me how to ... **throw**

3

*follow through
with your
throwing arm,
down and across
your body*

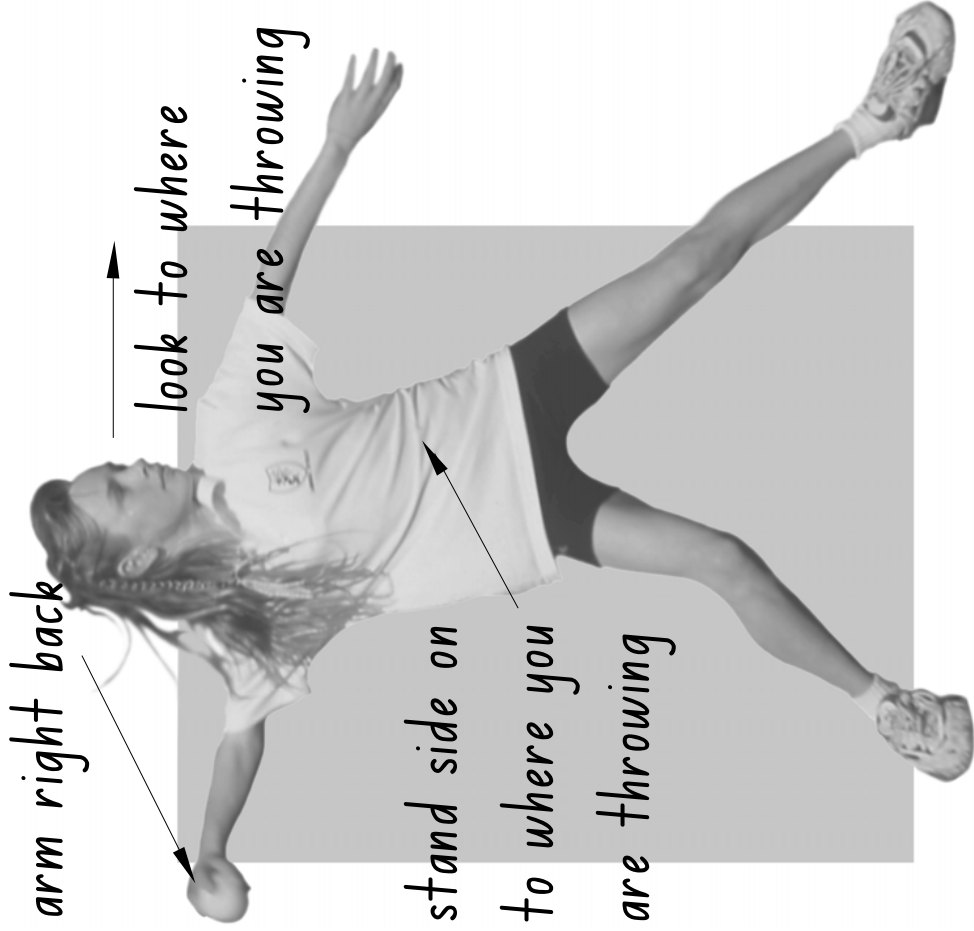


*rotate your hips and
shoulders forward*

Show me how to ... **throw**

3

swing your throwing
arm right back



look to where
you are throwing

stand side on
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Show me how to ... **throw**

1



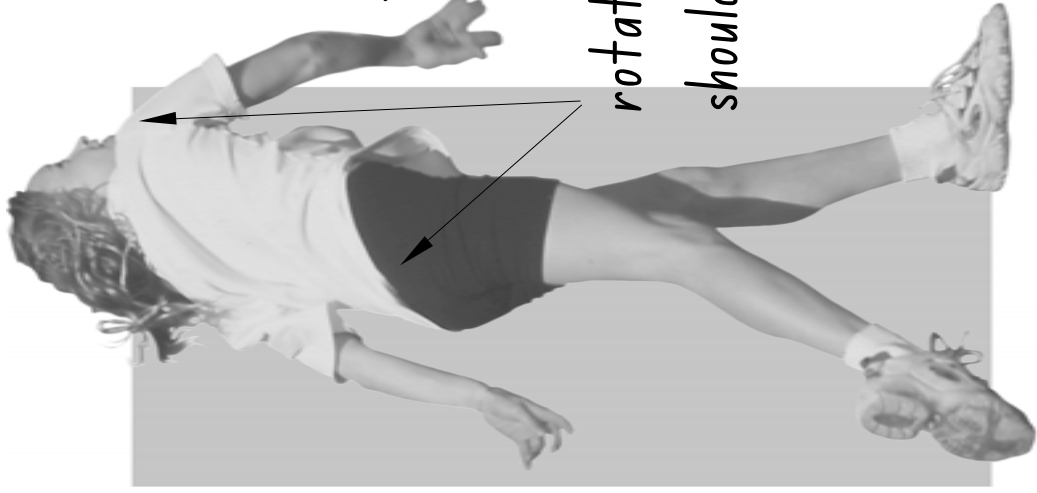
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step into the throw
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Show me how to ... **throw**

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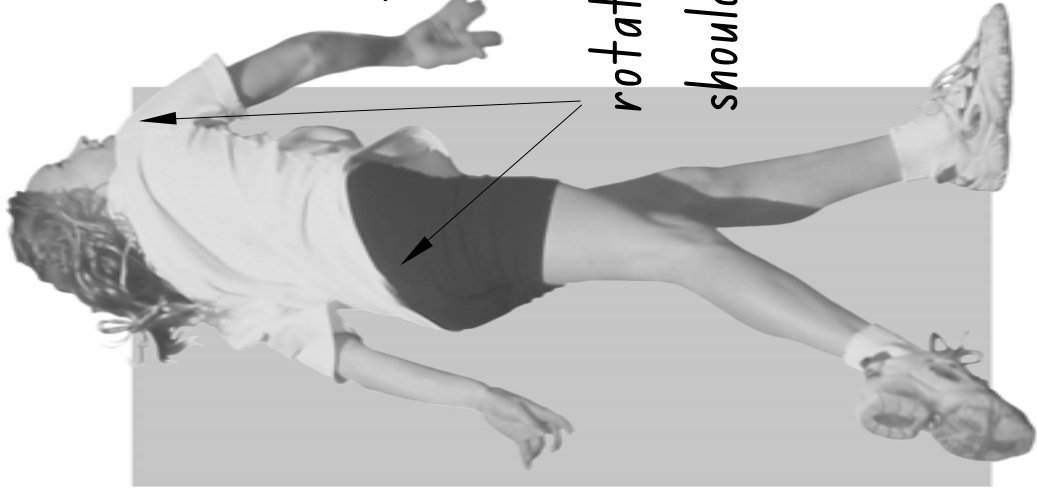


*rotate your hips and
shoulders forward*

Show me how to ... **throw**

3

*follow through
with your
throwing arm,
down and across
your body*



*rotate your hips and
shoulders forward*

Show me how to ... **throw**

3