

# THROWING

Caitheamh



## Introduction

The skill of **throwing** goes hand in hand with catching and involves propelling an object away from the body. This skill has many variations, including the underhand throw, overhand throw, roll and the two handed throw. The skill is used in a wide range of activities such as throwing a javelin, serving in volleyball, chest pass in basketball, rolling in lawn bowls, pitching in baseball or throwing a paper airplane. It is recommended that soft items such as bean bags, foam balls or other light objects be used to practice throwing initially.



Each activity A, B and C below is accompanied by a video clip. Click on the links below, scan the QR code using your mobile device, or visit [www.scoilnet.ie/pdst/physlit](http://www.scoilnet.ie/pdst/physlit) to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

### Home Activity A

Stand side on pointing the non-throwing shoulder towards the target.

[Click here for video](#)

### Home Activity B

Step towards the target with the foot of the non throwing side and Bring the throwing arm back behind the body in preparation for the throw.

[Click here for video](#)

### Home Activity C

Keep eyes looking at the target at all times and Move the throwing hand forward while looking at the target.

[Click here for video](#)



## Throwing

Click [here](#) to see a video of this fundamental movement skill

Click [here](#) to download a poster for this skill



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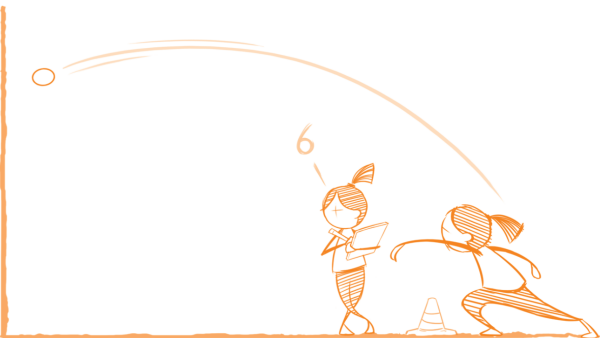
**PDST**  
Professional Development Service for Teachers | An tSeirbhís um Fhorbairt Ghairmiúil do Mhúinteoirí

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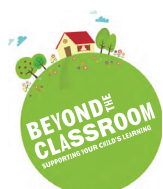


## Home Activity A

<p><b>Warm Up</b></p>	<p>Move around the space carrying a throwing object (ball, beanbag, teddy, rolled-up socks) in your hand as you travel. After 5 steps moving in various ways (e.g. running, hopping, jumping, side stepping) stop and;</p> <ol style="list-style-type: none"> <li>1. Practise moving the ball around the body using hands only and</li> <li>2. Progress to moving the ball in and out, between legs using the hands in a figure of 8 pattern.</li> </ol>						
<p><b>FMS Focus</b></p>	<p><b>Today when throwing focus on...</b></p> <table border="1" data-bbox="256 629 1536 891"> <tr> <td data-bbox="256 629 684 891"> <p><b>Stand side on pointing the non-throwing shoulder towards the target</b></p> </td> <td data-bbox="689 629 895 891">  </td> <td data-bbox="900 629 1327 891"></td> <td data-bbox="1332 629 1536 891"></td> </tr> </table>			<p><b>Stand side on pointing the non-throwing shoulder towards the target</b></p>			
<p><b>Stand side on pointing the non-throwing shoulder towards the target</b></p>							
<p><b>Throwing Practise</b></p>	<p><b>Tennis Ball Challenge</b></p> <p><b>Description of Activity</b></p> <p>Pupils work in pairs, one throwing and the other counting. The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds. For safety reasons ensure that groups are spaced at least three metres apart.</p>  <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• If doing this activity on your own add in some movement between throws</li> <li>• Vary the throwing object (e.g. teddy bear, ball, beanbag, rolled up socks)</li> <li>• Vary the type of throw required e.g throw and catch with the left hand only/right hand only, throw with one hand etc.</li> <li>• Increase the distance from the wall</li> <li>• Throwing off 2 walls variations</li> </ul>						
<p><b>Home Challenge</b></p>	<p>Draw, paint, or make a target on the wall using objects such as chalk, paper or post-its.</p>						
<p><b>PE Journal</b></p>	<p>List/draw five things in your home that you can throw. Which object do you predict you can throw the farthest? Try it out!</p>						



▶ [Scan here for video](#)



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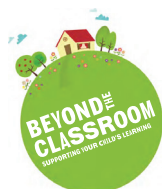


## Home Activity B

<p><b>Warm Up</b></p>	<ul style="list-style-type: none"> <li>• Practice 5 imaginary throws as hard as possible! (underhand left &amp; right, overhand left &amp; right)</li> <li>• Take 3 steps travelling before performing an imaginary throw</li> <li>• Imagine you are a bowler or a baseballer as you throw</li> </ul>			
<p><b>FMS Focus</b></p>	<p><b>Today when throwing focus on...</b></p>			
	<p><b>Step towards the target with the foot of the non throwing side</b></p>		<p><b>Bring the throwing arm back behind the body in preparation for the throw</b></p>	
<p><b>Throwing Practise</b></p>	<p><b>Knock Em Down Pinball</b></p>			
	<p><b>Description of Activity</b></p> <p>Arrange pupils in groups of four. Groups line up fifteen metres apart, either side of a line of skittle targets as shown. Groups take turns to roll a ball, trying to knock over a target in the middle. If a pupil successfully knocks over a skittle, they can claim this skittle and bring it over to their side. Continue playing until all of the skittles have been claimed.</p>  <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• Increase the distance from the target</li> <li>• Set up targets at home using old bottles, toilet roll, teddys, cartons</li> <li>• Place the target in the middle of the playing space. After each throw move (run, hop, skip) to the other side of the playing space.</li> <li>• Vary the throwing object (e.g. teddy bear, ball, beanbag, rolled up socks)</li> <li>• Vary the type of throw e.g. underhand and overhand, two handed etc</li> </ul>			
<p><b>Home Challenge</b></p>	<p>Play a game of throw with your child. How many can you both throw accurately in a row. Take a step backwards everytime you complete 5 successful throws.</p>			
<p><b>PE Journal</b></p>	<p>Discuss with your child three sports or everyday activities where throwing is important. Draw a picture of one of the sports or times when you throw.</p>			



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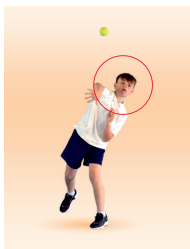




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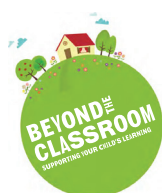


## Home Activity C

<p><b>Warm Up</b></p>	<p>Moving around the space change your way of moving every 30 seconds;</p> <ul style="list-style-type: none"> <li>-Run from the tiger (fast running)</li> <li>-Go through the quicksand (run with high knees)</li> <li>-Flick sand off shoes (heel flicks)</li> <li>-Swing on the vines (swingin arms)</li> <li>-Jump over puddles (jumping)</li> <li>-Duck under branches (get low when running)</li> </ul>			
<p><b>FMS Focus</b></p>	<p><b>Today when throwing focus on...</b></p>			
	<p><b>Keep eyes looking at the target at all times</b></p>		<p><b>Move the throwing hand forward while looking at the target</b></p>	
<p><b>Throwing Practise</b></p>	<p><b>Target Throw</b></p> <p><b>Description of Activity</b></p> <p>Arrange pupils in groups of four. Give each pupil a beanbag and give each group a hoop. Invite the groups to find a space in the playing area and to place their hoop on the ground in the centre of the group. Pupils stand one metre back from their hoop and take turns to throw their beanbag into the hoop. If they are successful, they can take a step back and throw from there next time. If they are not successful, they have to try again from that distance. Pupils continue throwing to see how many steps away from their hoop they can get.</p>  <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• Place the target in the middle of the playing space. After each throw move(run, hop, skip) to the other side of the playing space. If doing in pairs, partner could hold hoop to their side as a target</li> <li>• Vary the throwing object (e.g. teddy bear, ball, beanbag, rolled up socks)</li> <li>• Vary the type of throw e.g underhand and overhand, two handed etc</li> <li>• Increase the distance from the target</li> <li>• Vary the target (e.g. a box , a washing basket, a baby's bath)</li> </ul>			
<p><b>Home Challenge</b></p>	<p>Design your own activity that involves throwing. Try to get all the family involved playing the activity.</p>			
<p><b>PE Journal</b></p>	<p>Write a description or draw a picture of your throwing game and share it with a friend or family member.</p>			



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