

GETTING SKILFUL - FABBB

Encourage the children to:

Feet

- move the opposite foot to arm forwards, transferring weight from back foot to front foot.

Arms

- point non-throwing arm at the target with throwing/ striking arm bent at elbow
- use vigorous extension of throwing/striking arm
- follow through with wrist and hand.

Body

- be sideways on to target, eyes looking at target
- rotate and follow through.

Brain

- think about:
 - distance to, height of, and movement of receiver
 - weight and shape of moving object and striking implement
 - any obstruction between sender and receiver
 - placement of strike or throw in relation to others.

THINK INCLUSIVE

- Use ramps with the whole group to examine trajectory, force and speed.
- Call from direction of target.
- Increase size of target or make target bright.



Encourage the children to:

Space

- move close together, far apart, at an angle, to the side.

Objects

- use different shapes, sizes, weights, textures, responses
- send to targets on ground, wall and suspended.

Speed

- find the most effective speed of action in relation to target
- send something following a movement to increase difficulty.

Strength

- practise repetitions of throws to build arm and upper body strength.

GETTING BETTER - SOSS

ALL ROUND DEVELOPMENT, LINKS WITH:

Agility

- changing speed of movement when trying to move something quickly.

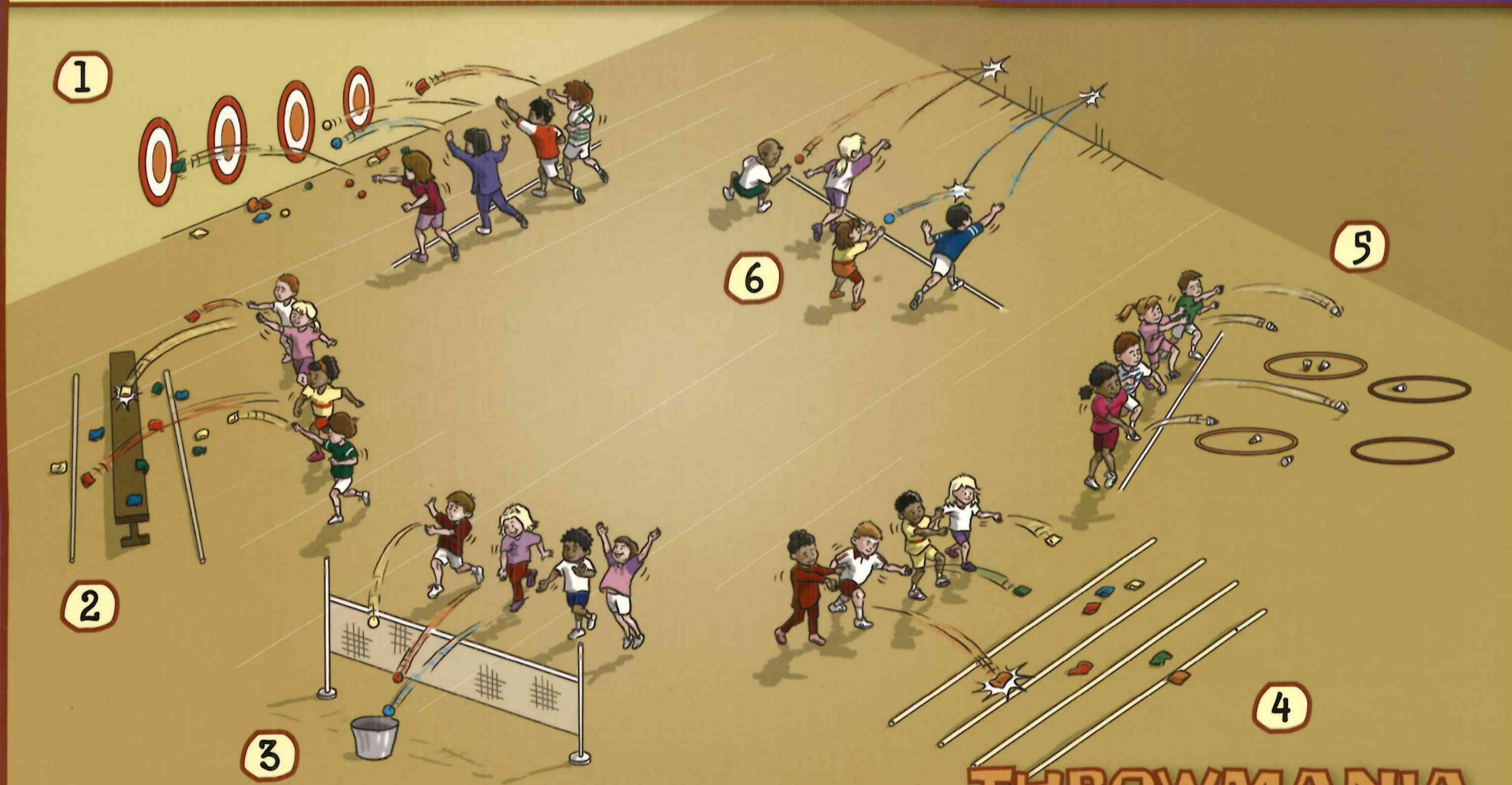
Balance

- adjusting balance during a sending movement.

Encourage the children to try:

- throwing events during an athletics session or at an athletics club using sling, push and heaving actions
- specialist throwing games, e.g:
 - boccia
 - jump shot or shot in the circle
 - bounce, chest, javelin and overhead throw.
- throwing accurately to bases and stumps with accuracy and power
- scoring goals and accurate passing in all games.

EXTENDING SKILLS



THROWMANIA

Set up activities as follows and throw:

1. bean bags or different size balls at targets on walls with various scores marked on them
2. bean bags to land on a bench. 1 point inside the canes, 5 points on the bench
3. bean bags or balls over a net into a basket
4. bean bags or balls into a target area marked on the floor
5. shuttlecocks into hoops on the floor
6. ball against wall for partner to catch behind the line. 1 point for every ball past the line, bonus point for every catch.