

# — Overarm Throwing —

Propelling an object from one hand using a forward motion of the arm.



1

Hold ball behind the ear with elbow bent.



2

Push forward, releasing the ball at eye level as elbow straightens.



3

Swing throwing arm down towards opposite hip.

Get moving with **MINI MOVES**





# Zooming Paper PLANES

Overarm throw your paper plane and watch how far it goes.



## Equipment:

Paper, cones and chalk.

## Where to play:

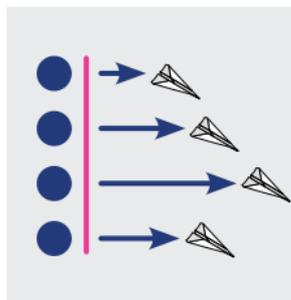
 Outdoors

 Indoors

## Age:

Preschoolers  
(3 to 5 years).

## What does the game look like?



### KEY:

-  Children
-  Start line
-  Plane landing
-  Direction of throw



# Zooming Paper PLANES

Overarm throw your paper plane and watch how far it goes.

**Step 1** Demonstrate to children how to build a paper plane.

**Step 2** Ask each child to take their time in creating their own paper plane.

**Step 3** Show children how to fly their plane, demonstrate with the actions and teaching cues below:

### Sample Actions:

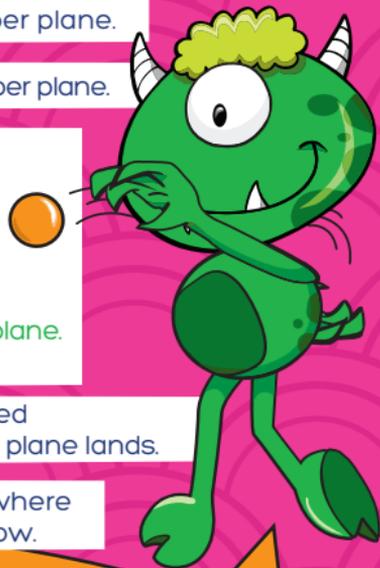
- **Ready on Runway** - Arm down, behind body, with arm straight.
- **3,2,1** - Bend arm up and bring throwing hand past the ear.
- **Take-Off** - Push hand out at eye level, straighten elbow and release plane.
- **Landing** - Throwing hand follows through across the body.

**Step 4** Give each child a different coloured piece of chalk to mark where their plane lands.

**Step 5** Along a line, children fly their paper plane, marking where it lands so they can try and beat it on their next throw.

**Tips:** **EASIER:** Make a paper plane which each child takes turns in overarm throwing.

**HARDER:** Set up a target or landing area for children to aim towards.





# SHIP to Shore

Throw the treasure, be careful it doesn't fall in the ocean.



## Equipment:

Net or tall obstacle and a container of small balls.

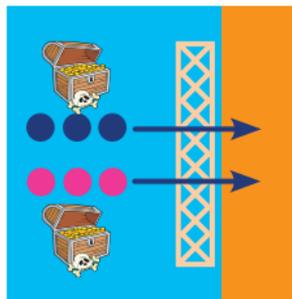
## Where to play:

 Outdoors

## Age:

Toddlers & Preschoolers  
(2 to 5 years).

## What does the game look like?



### KEY:



Treasure chests  
(full of balls)



Shore



Team 1



Team 2



Net/tall obstacle



Direction of throwing



# SHIP to Shore

Throw the treasure, be careful it doesn't fall in the ocean.



## Step 1

Set up a net or obstacle for children to throw a ball over.

## Step 2

Separate children into two teams, each team is on the ship side with a treasure chest (container full of balls).

## Step 3

Let the teams know that they have to work together to overarm throw the 'treasure' from the ship to the shore.

## Step 4

In their teams, children take it in turns to throw the 'treasure' safely over the water (net) to the shore.

## Step 5

When all the treasure is on the shore call out "collect the treasure". Children then have to race and pick up as many balls as they can to put in their teams' treasure chest.

### Tips:

**EASIER:** Divide the children into smaller groups, with a smaller obstacle to throw over.

**HARDER:** Add more treasure (balls) to the game and see which team can get all of their treasure to the shore first.



# Slam DUNK

Overarm throw a bean bag to try and slam dunk.



## Equipment:

2 x bean bags and  
2 x hula hoops.

## Where to play:

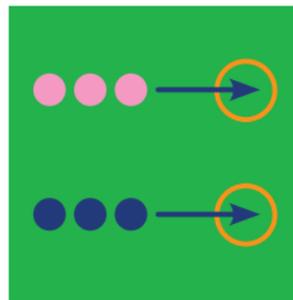
 Outdoors

 Indoors

## Age:

Toddlers & Preschoolers  
(2 to 5 years).

## What does the game look like?



### KEY:

-  Team 1
-  Team 2
-  Goals (hula hoops)
-  Direction of throwing



# Slam DUNK

Overarm throw a bean bag to try and slam dunk.

## Step 1

Divide children into two teams, each with a bean bag.

## Step 2

Place a hula hoop in front of the teams for them to throw into.

## Step 3

In turns, each child lines up and attempts to slam dunk their bean bag into the hula hoop by overarm throwing.

## Step 4

Tally up how many slam dunks the teams get together. Try and beat this next time.



## Tips:

**EASIER:** Start with the hula hoop closer and gradually move it further away as children pick up the skill.

**HARDER:** Replace the hula hoop with buckets on the ground and move them further away.