

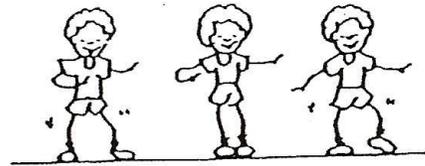
# OVERHAND THROW

Dear Parents and/or Caregivers:

During the third trimester, the physical education staff will be testing each student on their overhand throwing technique. The results of this assessment will be on your student's final report card in June. You can help your child achieve this skill with encouragement and practice at home. Below are the benchmarks for each grade level. On the back of this document, you will find activities to help correct common faults.

Thank you for supporting your child! If you have any questions or concerns, please contact your child's physical education specialist.

Grade Level Benchmarks	
K	B, D, F
1	A, B, C, D, F
2	A – F
3	A – G
4	A – G
5	A – G



- A. **PIVOT:** Face the target. Pivot on the throwing-side foot so the body is sideways to the target. (Weight is on the back throwing-side foot with the non-throwing shoulder toward the target.)
- B. **T-POSITION:** Swing arms out to the sides so elbows are in a direct line with both shoulders. Ball is held with two or three fingers on top and the thumb are on the bottom.
- C. **STEP:** Transfer weight onto the front foot by stepping directly toward the target with the foot opposite the throwing arm. (Left foot when throwing with right hand).
- D. **TWIST:** Throwing action starts by twisting and rotating the hips, followed by the trunk and shoulders.
- E. **ARM ACTION:** Bend the throwing arm 90° with the elbow leading the lower portion of the arm. Straighten the arm as the elbow passes the shoulder and release the ball.
- F. **FOLLOW THROUGH:** Follow through toward target and down to opposite knee of throwing hand.
- G. **MATURE FORM:** Demonstrate the above elements of form with consistency, rhythm, and coordination.

## Suggestions to Improve Side Slide

Throwing overhand is an object-control skill involving eye-hand coordination. Children who master proper throwing technique will be able to throw farther, faster, harder, and more accurately. When children become efficient at throwing, they feel more confident participating in healthy, lifelong activities. The overhand throw can be broken down into small parts. Each part of the throw should be worked on separately; all elements should then be combined together until mature form is mastered. The following suggestions will assist your child in improving his/her overhand throwing technique:

1. **Moving flat-footed**
  - Have the child stand with feet positioned shoulder-width apart and knees bent slightly.
2. **Incorrect Foot Forward**
  - Give the child verbal reminders to step forward with the correct foot.
  - Have child balance on the back foot.
3. **Poor Weight Transfer**
  - Have the child stand with feet shoulder-width apart, rocking back and forth on each foot.
  - Have child perform the above motion, adding arm swing with weight transfer and count: 1 (back), 2 (forward) to develop rhythm.
4. **Ball Held in Palm**
  - Demonstrate correct grip using two fingers on top of the ball with the thumb on the bottom.
  - Make sure the ball is not too big for the child's hands.
5. **Arm Not Reaching a T-Position**
  - Have the child swing arms down and back until reaching the T-position.
6. **Poor Timing of Release**
  - Ensure that the child is using correct grip.
  - Remind the child to keep the elbow above the shoulder and straighten the arm as the elbow passes the shoulder and releases the ball.
7. **Not Enough Follow-Through**
  - Verbally remind the child to touch the opposite knee upon completion of the throw.
8. **Eyes Not on the Target**
  - Post a bright and interesting, easy-to-see target, reminding the child to have "head up and eyes on the target."

