

# Multi Skills Festival– Overarm Throw

## Learning Outcome:

By the end of the activity, pupils will be able to successfully perform an overarm throw with the correct technique.

## Physical Outcomes:

Mobility ☒

Agility ☐

Speed ☐

Strength ☐

Power ☒

## Fundamental

### Movement Skills:

- Walking
- Carrying
- Throwing
- Collecting
- Turning
- Extending

## Personal Challenge:

Each time you throw, can you throw further than you did the previous time and get more points.

## Equipment Needed

- 4-5 Bean Bags
- 15-20 Cones (Different Colours)

## Safety Points

- Pupils who are not throwing must wait behind the waiting line.
- Wait until your command until going to collect the bean bag.

## Activity Description

- Set up the activity
- Greet children and escort them from previous activity. Ask them to put drinks bottles down safely out of the way of the activity.
- Introduce yourself to the pupils.
- Explain that the activity is going to focus on throwing which can be used in different sports, such as athletics.
- Give a clear explanation of activity
- Provide a visual demonstration.
- Split pupils into small groups (4-5 pupils).
- Pupils stand in a line in their groups behind the waiting line.
- The first pupil in each of the groups throws the beanbag and see where it lands on the ground.
- Command the pupils to go and collect the beanbag. Pass it to the next pupil in the queue.
- On the second attempt, award points to the pupils depending on which line they throw over
- Challenge the teams to see how many points they can score overall after one/two attempts.

## REMEMBER- SMILES

**Safe:** Participants feel physically and emotionally safe.

**Maximum Participation:** Participants are fully involved all of the time.

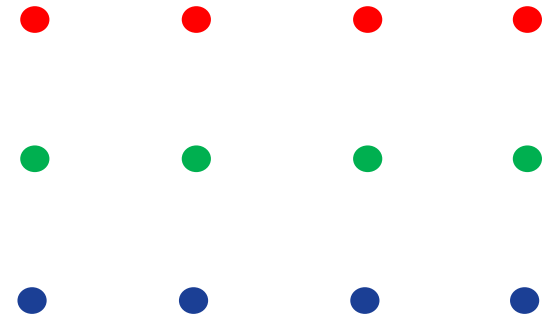
**Inclusive:** All participants can take part.

**Learning:** Participants develop personal, social, creative, thinking and physical skills.

**Enjoyment:** Activities recognise individuals personal needs and interests.

**Success:** Participants feel they are making progress and getting satisfaction.

## Diagram



## Coaching Points

- Stand sideways with feet shoulder width apart.
- Feet behind the throwing line.
- Keep both feet on the floor when you throw.
- Keep your arm holding the beanbag straight and point your other arm in the direction of the throw.
- Look in the direction of the throw.

## Easier/Harder (STEP Principle)

- Space: Increase or decrease the area of the cones.
- Task: Throw with the non-dominant hand.
- Equipment: Change the beanbag to a vortex howler.
- Participants: Work with a partner to see how many points they can score and if they can beat this.