

# Multi Skills Festival– Underarm Throwing

## 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
- Catching
- Carrying
- Throwing
- Collecting
- Bending

## Personal Challenge:

Can you get more beanbags into the hoops each time you have a turn.

## Equipment Needed

- 4-5 Bean Bags
- 5-10 Cones
- 9-12 Hula Hoops

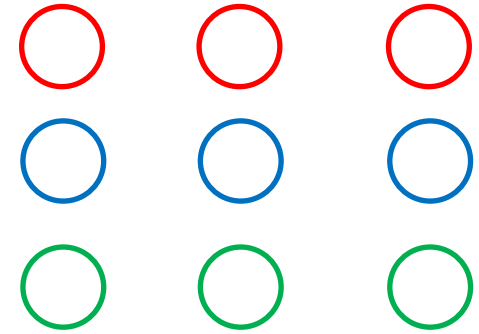
## Safety Points

- 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.
- Give a clear explanation of activity.
- Provide a visual demonstration.
- Split pupils into small groups (4-5 pupils).
- Line the pupils up in their groups behind the waiting line.
- Give the first pupil in each group five pieces of food (bean bags). The pupil throw the food (beanbags) aiming for one of the animals (hoops) from the throwing line.
- Command the pupils to go and collect the beanbags. Pass them to the next pupil in the queue.
- On the second attempt, award points to the pupils depending on which hoop they get the beanbag in.
- Challenge the teams to see how many points they can score overall after one/two attempts.

## Diagram



## Coaching Points

- Stand with one foot slightly in-front of the other.
- Hold the bean bag with one hand.
- Swing your arm forward and back equally. Your arm should not come above your shoulder.
- Keep both feet planted on the floor.
- Point your arm in the direction of the throw.

## Easier/Harder (STEP Principle)

- Space: Increase or decrease the distance of the hoops.
- Task: Throw with the non-dominant hand.
- Equipment: Change the target area to a different piece of equipment, such as a bucket or spot marker.
- Participants: Work with a partner to see how many points they can score as a group and if they can beat this each time.

## 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.