

Progressions: Throwing

Individual

- Can throw objects under-arm in a general direction with a degree of success (i.e - Forwards)
- Can throw objects under-arm to targets 1-2 metres away with moderate success
- Can throw objects under-arm to targets 3-4 metres away with moderate success
- Begins to use the over-arm throw to throw over a greater distance
- Can utilise the over-arm throw to throw to a target/area with moderate success (a greater distance away)

In Pairs

- Can throw objects under-arm in a general direction with a degree of success (i.e - Towards their partner)
- Can throw objects under-arm to chest 1-2 metres away with moderate success
- Can throw objects under-arm to chest 3-4 metres away with moderate success
- Begins to use the over-arm throw to throw over a greater distance (close to partner's chest)
- Can utilise the over-arm throw to throw to the chest with moderate success (a greater distance away)

Activity specific

- Takes part in activities using one type of throw
- Children can list the teaching points of different types of throw (I.e - How to perform a chest pass/bounce pass)
- Children can use teaching points to successfully complete different types of throw on command
- Children select appropriate types of throw, reacting to changing situations in game play successfully (bounce pass to avoid defender)