

TEACHING POINTS FOR THROWING



Hold the object
in one hand



Eyes focused on a target
throughout the throw



Stand side on with
non-throwing
shoulder towards
a target



Bring the throwing arm
back behind the body,
swinging it down and
backwards in
preparation to throw

TEACHING POINTS FOR THROWING



Step toward a target with the foot of non-throwing side (transferring weight from the back foot to the front foot)



Hips then shoulders rotate forwards



Throwing arm moves forward, releases the object, then follows through in the direction of a target and down across the body



It is good practise to raise the non-throwing arm and point it in the direction of a target in the preparation phase, then lower it when throwing



Introducing the skill of throwing

Try to throw...	Effective questions
<ul style="list-style-type: none"> as far as possible 	In what pathway should the ball travel?
<ul style="list-style-type: none"> as hard as possible 	Where does the force come from?
<ul style="list-style-type: none"> as high as possible 	
<ul style="list-style-type: none"> as hard as possible without following through 	What does the follow through do?
<ul style="list-style-type: none"> while facing the target, without moving your feet 	Why are your feet important?
<ul style="list-style-type: none"> while rotating the shoulders, but not the hips 	What does rotating the hips add?
<ul style="list-style-type: none"> taking different size steps and comparing them 	Which is best?
<ul style="list-style-type: none"> and hit a target on the ground 	How can you improve accuracy?
<ul style="list-style-type: none"> and hit the crossbar 	
<ul style="list-style-type: none"> and knock over a cone 	
<ul style="list-style-type: none"> to a partner 	Are you accurate? Throwing with enough/too much force?
<ul style="list-style-type: none"> to a partner, increasing the distance one step after each throw 	
<ul style="list-style-type: none"> at a wall and catch the rebound 	
<ul style="list-style-type: none"> with your right and left hand 	Are they the same? Why?
<ul style="list-style-type: none"> using all the correct technique outlined 	Let's put it all together!



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

TEACHER OBSERVATION

Common errors and feedback

Common Errors <i>Éarráid Choitianta</i>	Feedback <i>Aiseolas</i>
Looking at the ground or the feet	Keep your eyes focused on a target
Standing front on, chest facing the target or standing with the throwing arm closer to the target	Stand side on, with your non-throwing shoulder facing a target. Point at a target with your non-throwing arm
Stepping forward with the foot on the same side as the throwing arm	Stand side on with your non-throwing shoulder forward, step forward with your non-throwing foot. Use this step to transfer weight forward to generate force
Arm action is the only movement when throwing	Step into the throw and follow through
Hips and shoulders rotate together	Rotate the hips first THEN the shoulders to generate more force
Little or no weight transference	Step-throw-follow through

Throwing Rubric

	Exploring	Developing	Mastering
Body	<ul style="list-style-type: none"> • Body faces the target 	<ul style="list-style-type: none"> • Body is side on 	<ul style="list-style-type: none"> • Body is side on
Arms	<ul style="list-style-type: none"> • Very little arm swing back 	<ul style="list-style-type: none"> • Arm comes back and swings forward however the action comes above the shoulder 	<ul style="list-style-type: none"> • Opposite arm is raised and pointing at a target in the preparation phase
Legs		<ul style="list-style-type: none"> • Tendency to step forward with the foot on the throwing side 	<ul style="list-style-type: none"> • Steps with leg on the non-throwing side
Follow Through	<ul style="list-style-type: none"> • Follow through is a downward action 		<ul style="list-style-type: none"> • Obvious follow through across the body in the direction of a target
Rotation	<ul style="list-style-type: none"> • Very little rotation in the hips and shoulders 	<ul style="list-style-type: none"> • Whole body (not just the hips and shoulder) rotates during the throw 	<ul style="list-style-type: none"> • Whole body (not just the hips and shoulder) rotates during the throw
Transfer Of Weight	<ul style="list-style-type: none"> • Poor transfer of weight during the throw 	<ul style="list-style-type: none"> • Weight transfer during the throw is evident 	<ul style="list-style-type: none"> • Weight is successfully transferred from back leg to stepping leg

IDENTIFYING THE STAGES OF DEVELOPMENT

Exploring Stage

Tréimhse taisceálaíochta



At this stage, pupils have fun throwing a variety of different sized balls at different sized targets. Characteristics of throwing at the exploring stage:

- body faces the target
- very little arm swing back
- poor transfer of weight during the throw
- follow through is a downward action
- very little rotation in the hips and shoulders.

Developing stage

Tréimhse forbraíochta



At this stage, pupils practise throwing in a variety of activities, from a stationary position, at different targets, from different distances. Characteristics of throwing at the developing stage:

- body is side on
- arm comes back and swings forward however the action comes above the shoulder
- whole body (not just the hips and shoulder) rotates during the throw
- weight transfer during the throw is evident
- tendency to step forward with the foot on the throwing side.

Mastering stage

Tréimhse Máistrithe



At this stage, pupils apply the action of throwing to a range of activities while stationary, on the move and with others. Successfully engaging with moving targets is an important feature of this stage. Characteristics of throwing at the mastering stage:

- body is side on
- steps with leg on the non-throwing side
- weight is successfully transferred from back leg to stepping leg
- opposite arm is raised and pointing at the target in the preparation phase
- obvious follow through across the body in the direction of a target.