





THROWING

Caitheamh



Target Pupil								Comments
Eyes focussed on the target at all times		Head						
Stand side on with non-throwing shoulder towards the target		Trunk						
Step towards the target with the foot of non-throwing side		Legs						
The object is held in one hand		Arms						
Throwing arm is brought behind the body, swinging it down and backwards in preparation to throw								
Throwing arm moves forward, releases the object and then follows through in direction of target								

Hints	<p>What instructions should I give? Throw the ball as far as you can.</p>	<p>From where should I observe this skill? The side that the throwing arm is on.</p>	<p>What equipment do I need? A ball.</p>
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