

1. Be able to attempt a variety of throwing techniques in order to improve accuracy;
2. Know and understand how the position of the body affects throwing performance;
3. Develop fundamental movement skills, become increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination.

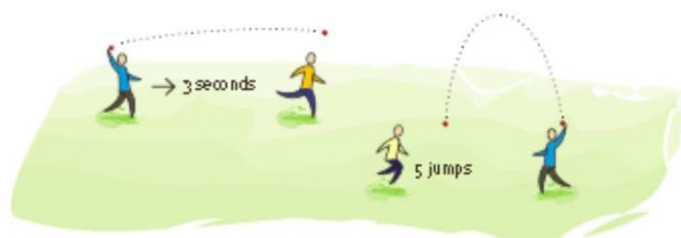
**LEARNING CHALLENGE**

- I can run further than my throw in 3 seconds;
- I can throw higher than it takes to do 5 jumps;
- I can beat my scores by throwing underarm, overarm, rolling and sliding.

**MAIN ACTIVITY**

Using different ways of travelling (eg running, walking, hopping and skipping) and following different pathways or courses, see how fast or far you can go in challenges such as:

- Can you throw further than you can run in 3 seconds or jump in 5 jumps?



1 Run further than your throw in 3 seconds.



2 Throw higher than it takes to do 5 jumps.



3 Beat your scores by:



throwing underarm, throwing overarm, rolling and sliding.

**Cool Down**

Relaxing activity/game of choice and Q & As.

**EXTENSION**

Hit the balls;  
Aim for targets as opposed to completing activities.

**EASIER**

Use smaller, heavier balls.  
Give a running and jumping head start.

Use a partner to throw while the pupil performs the activities.

**HARDER**

Use less aerodynamic equipment.  
Increase the running distance and number of jumps to perform.  
Throw from kneeling, sitting and lying positions.

