

# Kindergarten

# The Overhand Throw

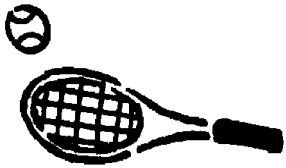
Good throwers can learn to play:



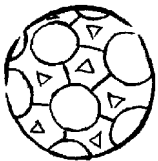
Baseball



Football



Tennis Serve



European Handball

## Good throwers:



1. Stand sideways to the target.
2. Look at the target.



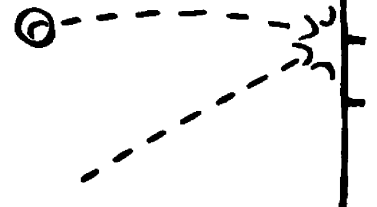
3. Make a big 'J' with their arms.
4. Feel a stretch in their shoulder.



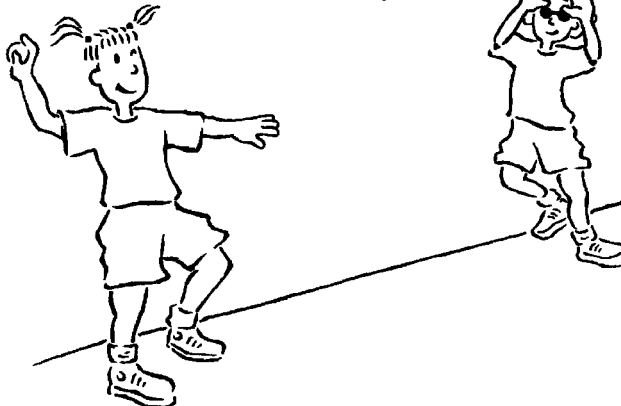
5. Throw the ball.

## It's fun to throw!

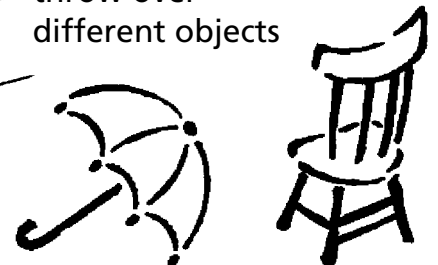
➡ throw a ball against a wall



➡ throw to a partner



➡ throw over different objects



### Helpers Say:

"Can you feel the stretch in your arm when you make the big 'J'?"

"I love playing catch with you!"

**Balance:**

Walk with a small paperback book on your head.



**TRY WALKING:**

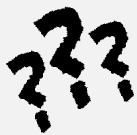
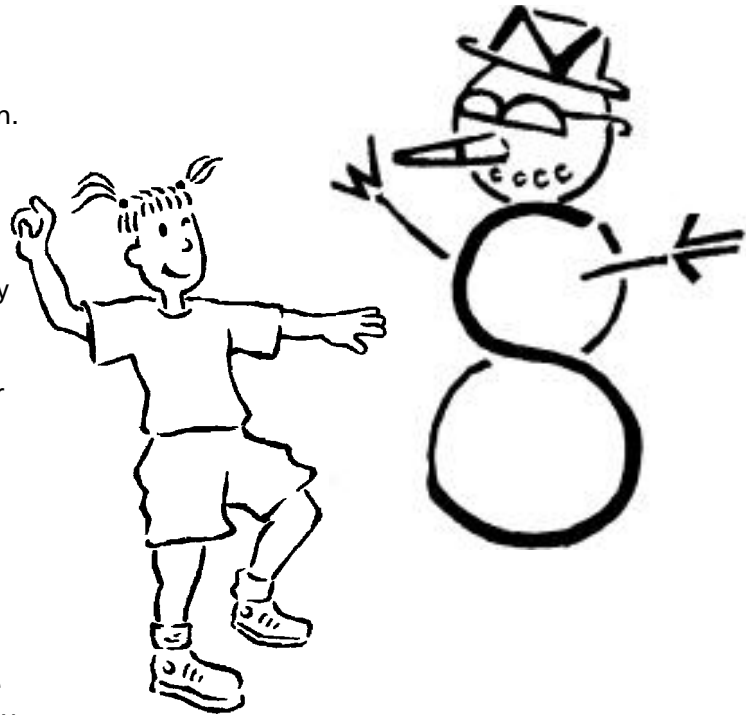
- backwards
- up the stairs

**Snowball Fun!**

Courtney is throwing snowballs at the snowman. To make sure she is remembering how to stand when throwing overhand:

- Put a dot on her tummy to show that her belly button points sideways.
- Put a little mark for her nose to show that her eyes and face point to the target.
- Trace over the "Big J" to show the ball is up and her arms are stretched out.

Then check to see if the snowball hits the target by seeing if you can find all the letters to SNOWBALL in the picture of the snowperson.



**What can you say to yourself or a friend, who is having trouble throwing well, to encourage them to keep trying?**

*(Helpers can record what the child says.)*

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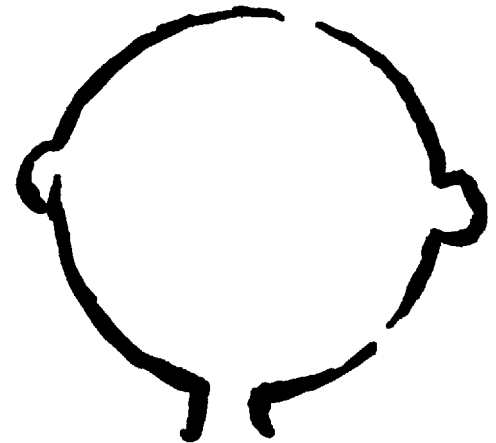


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**DRAW** a face that shows how you feel when you do a super-duper-awesome-throw...



**Strength:** Curl-ups to build abdominal strength (stomach muscles)

- hands folded on chest
- chin tucked to the chest
- curl-up until shoulders are 6-8 cm off the floor
- try it!
- build up to 5!

