

Kindergarten

The Underhand Throw

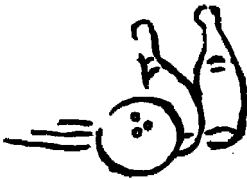
Good throwers can play:



Baseball



Horseshoes

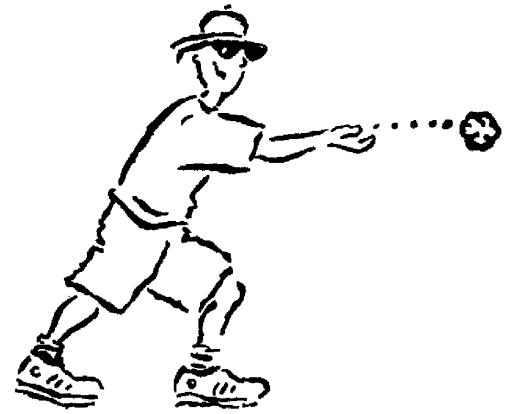


Bowling



Curling

Good throwers:

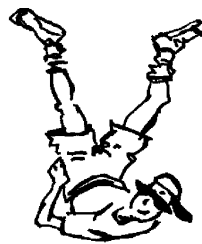


1. Look at their target.
2. Point their toes at the target.
3. Swing their arm back like an elephant's trunk.
4. Step forward as they throw (step with the foot opposite to their throwing hand).

It's fun to throw...



- at targets your partner makes with his/her body
- into a laundry hamper
- into a shopping bag
- at a target you create!



Colour the targets you've tried. What was your favourite?

Helpers Say:

"You did a great job swinging your arm like an elephant's trunk!"

"I like the way you had your eyes on the target."

"Remember to step with the opposite foot."

Complete the sentence:

(Record what your child has said.)

"I felt good when my parent/helper said..."

Mixed up Mel:

Mel is all mixed up and can't remember what to do first when throwing underhand.

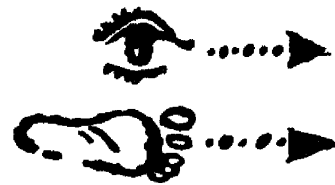
Draw a line from the number to the picture that you think comes first, second and third when learning to throw a ball.

1



Swing the elephant's trunk.

2



Eyes and toes point at the target.

3



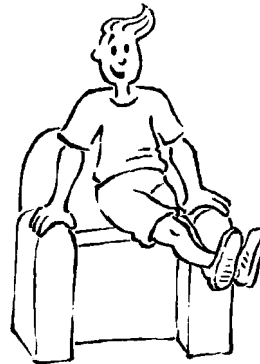
Step forward as you swing your arm.

Strength: Push-ups build upper body strength (chest, shoulders).

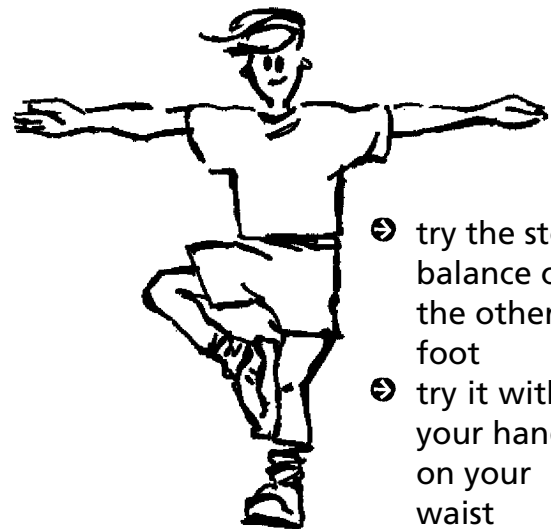
- try it!
- now try 5



- build up to 10!



Balance: Stork Stand



- try the stork balance on the other foot
- try it with your hands on your waist

DRAW a picture on another piece of paper of yourself throwing a ball to a parent/helper.