

OVERARM THROW

with Franky the Frog

for pre-schoolers 3-5 years

DESCRIPTION

Overarm throw is a manipulative skill which involves a full body movement to create speed and distance.

POINTS TO REMEMBER

- Before starting the games take a few moments to go over the key teaching cues for overarm throw
- Start with the 'Who can overarm throw like Franky the Frog?' activity
- If a child is having difficulty with the overarm throw try breaking up the action into simpler parts
- In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of the overarm throw
- Don't forget to warm up and cool down
- Demonstrate the skill so that everyone can see
- Positive feedback is the key – have fun detecting and correcting!

TEACHING CUES

- 1 Stand side on
- 2 Make a smiley face (swing arm back to make a circle with your hand stopping close to your ear)
- 3 Step over the creek (step forward with the non-throwing side)
- 4 Point (at your target)



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WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Playing with scarves is a great warm up activity.

Encourage children to try swinging their arm around to retrieve the scarf from their pocket, this helps prepare them for the 'follow through' action of the overarm throw. It also warms up their hips and shoulders ready for the movement.

WHO CAN OVERARM THROW LIKE FRANKY THE FROG?

Equipment

- Soft balls, bean bags, scrunched up paper and rolled up socks

Game Set Up

- Children spread out along a line so they are all throwing in the same direction

Activity

Who can overarm throw the object/ball?

- | | | |
|--|----------------------------------|---|
| <input type="checkbox"/> Furthest | <input type="checkbox"/> Highest | <input type="checkbox"/> At a target |
| <input type="checkbox"/> With their opposite arm | <input type="checkbox"/> Lowest | <input type="checkbox"/> With their eyes closed |

Franky says "Don't forget to use the FMS lanyard to help you detect and correct!"



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OVERARM GOLF

Equipment

- Buckets or hula hoops to represent the hole
- Balls (could also be scrunched up paper, rolled up socks, bean bags)

Game Set Up

- Set up the course by placing buckets/hoops in various places throughout the yard
- Give all children a ball

Activity

- Children are aiming to complete each hole by throwing the ball into the bucket or hoop
- Like in golf they tee off from a designated starting point and move to where their ball landed
- Children continue overarm throwing from where the ball lands until their final throw lands in the bucket
- Repeat over the whole course



SNOWMEN AND SNOWBALLS

Equipment

- Balls (could be: scrunched up paper, rolled up socks, bean bags)
- Snowmen (could be: printed A3 pictures, chalk drawn on the fence or drawing on butcher's paper)

Game Set Up

- Children spread out facing the snowmen, you may like to use a rope or masking tape line to indicate where they stand. They have a bucket or pile of 'snowballs' at their feet

Activity

- Children use overarm throw to throw their snowballs at the snowmen
- Remember to use the Munch & Move lanyard and look for children standing side on, pointing at the target and following through
- Challenge children to aim for different parts of the snowman e.g. his hat, his nose or his belly



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GORRI (TRADITIONAL INDIGENOUS GAME)

Equipment

- Masking tape, rope, markers or chalk
- 1 large ball (beach ball)
- Several small balls (tennis balls or bean bags)

Game Set Up

- Create a line (using tape, rope, markers or chalk)

Activity

- One child is in and stands to the side with the large ball
- All other children line up along the line
- The child with the large ball rolls the ball in front of the line (at least a metre away) to represent a wombat or animal running past
- Other children overarm throw their balls forward trying to 'spear' the wombat
- This is a Traditional Indigenous Game and is still played in the Kimberley and Northern Territory, an alternative to 'spearing' is to role play children throwing food to feed the animal
- To challenge the children change the animal to a kangaroo and instead of rolling the large ball, bounce it, so the kangaroo hops past them. You could also try having two animals come past at once, rolling a beach ball and bouncing another

COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

Transition songs or stories make great cool down activities; try:
I'm a little teapot.

