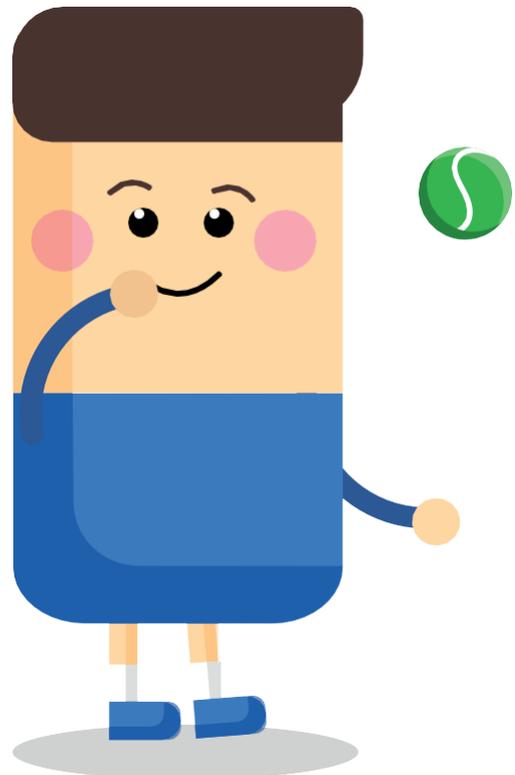
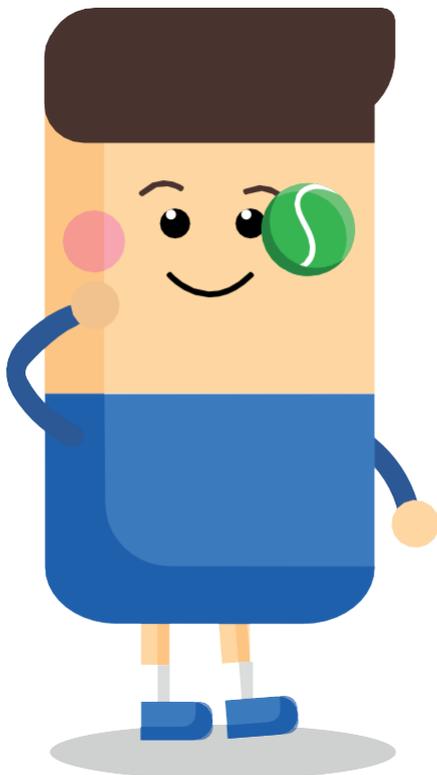


THROWING

Throwing is a motor skill that projects an object. This skill involves all parts of the body moving at once and stepping with opposition, so it is very hard for a child.

It can be divided into three phases, which include wind-up phase propulsion phase and follow through phase.



What stage is your child?

Once your child has mastered the stages of throwing they move into the utilisation and proficiency stages of throwing.

Utilisation Phase of Throwing

Throwing in simple games

Throwing with partners

Throwing different distances

Throwing with different forces (soft or hard)

The goal during this phase is to slowly get your child to throw in situations that are more complex, starting with individual activities and leading up to partner throwing activities and small-sided throwing and catching games. Your child will still show lots of variability at this stage.

Proficiency Phase of Throwing

Be very consistent in their ability to throw the ball in many different environments

Throw in small-sided games

Throw on the run moving in different directions

Throw and focus on the tactics of the game and not the mechanics of throwing

The goal of this phase is to get your child to the point where they do not consider the actual act of throwing, instead they are focused on the tactics of the game. Your child will have confidence in their ability to throw in a wide variety of challenging situations.

THROWING

Why is throwing important?

Balance

Balance is the ability to maintain the equilibrium of the body when it is placed in various positions. It is an important skill as balance is required for playing sport and physical activity.

Stepping with opposition

This is how your child moves their legs and hands in opposition (right hand throws, left foot steps). Moving in opposition is important as it helps your brain develop and grow. It sends messages across the mid-brain and to both sides of the body.

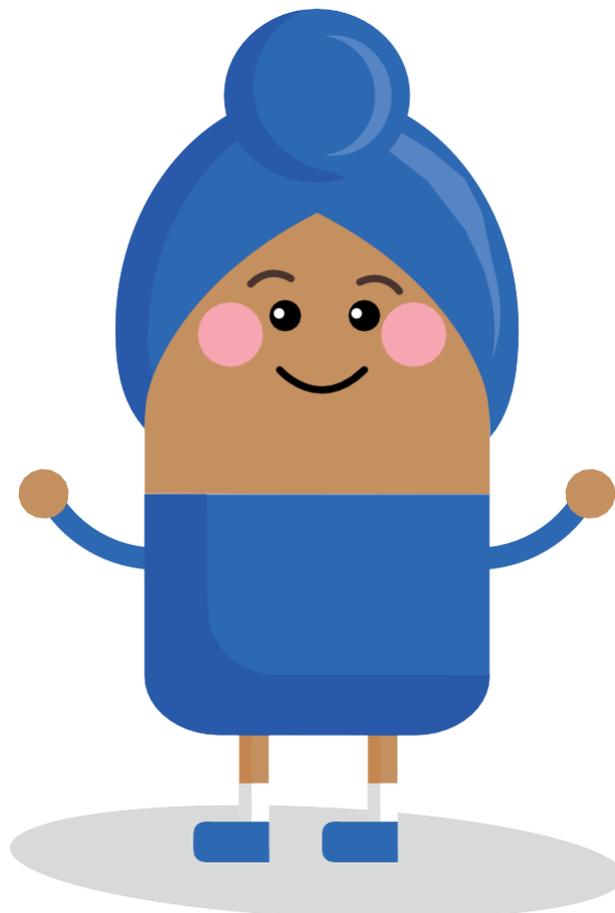
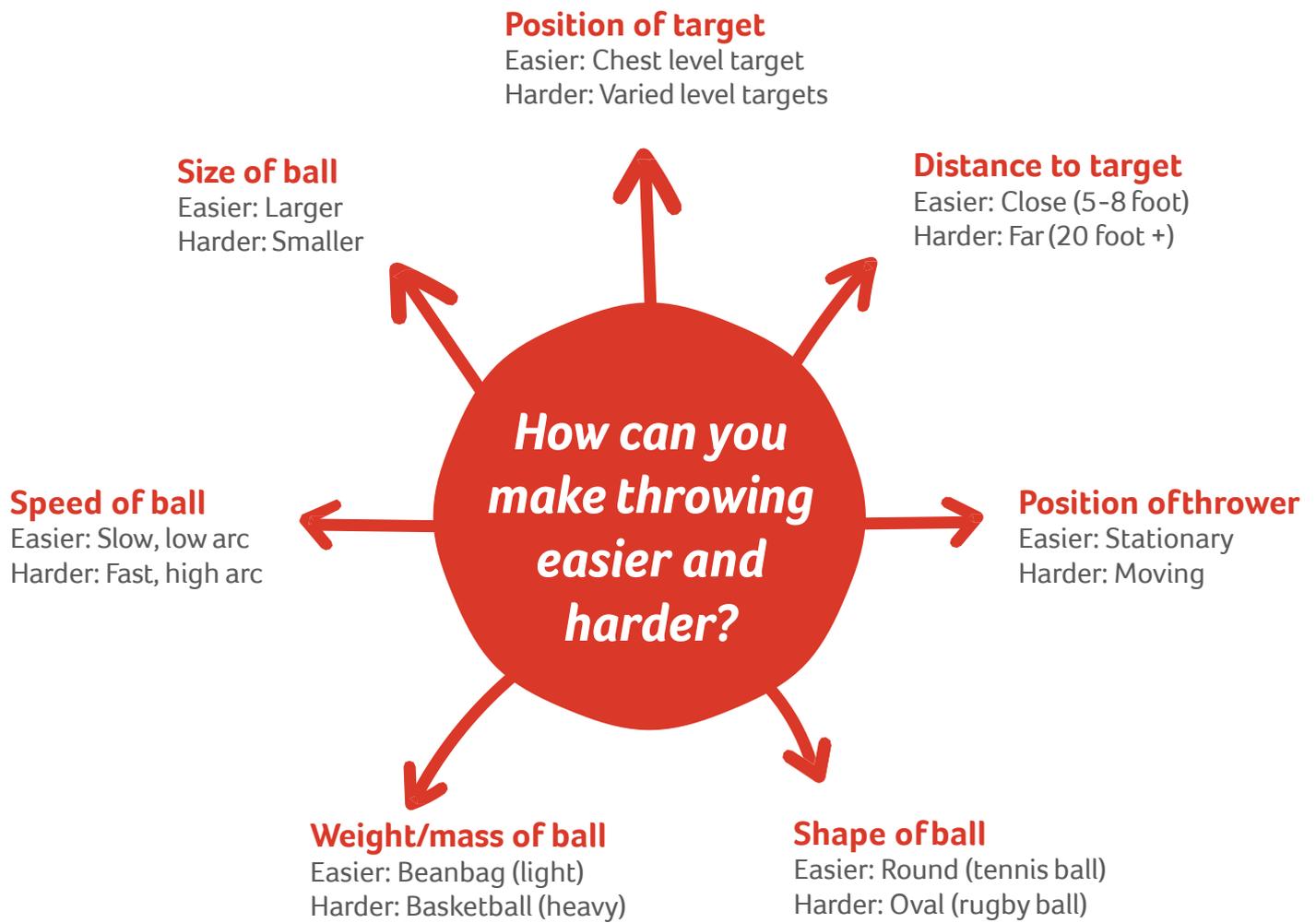
Multi-limb coordination

This is how your child can use both their legs and arms at the same time. It is a complex skill and helps with brain growth and development.

Core strength

Throwing helps build abdominal strength and provide stability to the core of your child's body.





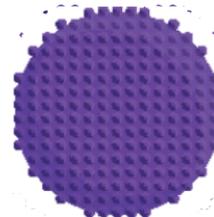
THROWING

What equipment should I use?

Beanbags



Soft foam balls/fluffballs



Socks rolled together



Tennis balls/waffle balls



What you say to your child...

Teaching cues for throwing

"Eyes on the target"



"Sideways"

"Step and throw hard"

