KS2 Ball Skills

Lesson 4- Throwing- Under Arm Throw

Lesson Aim: To further develop the under arm throwing technique



Be sure to check out the demonstration videos, which are on Sea Saw. These will help you understand the tasks.

Task 1- Invasion

Coaching Points

1. Hold the ball in your dominant hand
2. Use your other hand to aim at the target
3. Perform a throw with a nice smooth swing, not a fast swing

Too Hard?	Too Easy?
1. Place markers closer together 2. Make your target area bigger	1. Choose a smaller target 2. Make your markers further away 3. Throw with your other hand

What you need…

- A bean bag
- Or a rolled up pair of socks or small cuddly toy
- A hoop or a bucket to use as a target
- 6 small markers- socks, coins

To Set Up…

1. Take your 6 small markers, put the first one down, then take 2 steps before putting the next one down, do this for all six markers.
2. 2 player game, stand at opposite ends of the marker
3. Place the hoop or bucket in the middle of the 6 makers.

What to do…

1. Taking it turns, from the first marker, throw underarm, trying to get the bean bag into the hoop or bucket. If successful, move the hoop or bean bag on to the next small marker, closer to your opponents end. The other player then collects the bean bag, stands at their first marker, and throws. If you miss, the hoop stays where it is. When the hoop or bucket is at the last marker, the defending thrower must throw with their eyes closed!
2. The winner is the first player to get the hoop onto their opponent's last marker.

Task 2- Demolition

What you need…

- A ball
- Or rolled up pair of socks
- 5 small items

To set up…

- Place a marker down to create your throwing zone.
- Take 5 big steps, and place your 5 small items in a row facing the throwing marker.

How to play…

Demolition:

Using under arm throw, throw the ball, aiming to knock over the 5 small objects.

Task 1- How many in total can you knock over in 45 seconds?

Task 2- Can you knock them over one after the other (5 in a row)

Note: The ball must not bounce before hitting the targets.

Coaching Points

1. Hold the ball in your dominant hand
2. Use your other hand to aim at the target
3. Perform a throw with a nice smooth swing, not a fast swing

Too hard?	Too easy?
1. Place targets closer to each other. 2. Roll the ball 3. Use bigger ball 4. Stand closer to targets 5. Allow once bounce before hitting target	1. Use smaller items as targets 2. Use less dominant hand 3. Use a smaller ball 4. Stand further way from targets 5. Put down 10 targets

Task 3- Bowls

What you need…

- 6 balls- 3 for each player (different colour)
- Or rolled up pairs of socks
- A target item- Food Tin (outside) or cuddly toy (inside)

How to Set Up…

2 player game

- Use a clear space to play this game. Throw the cuddly toy into a space.
- Create a throwing zone

How to Play…

To play Bowls, take the cuddly toy to the throwing zone, and throw under arm into the clear space. Once the toy has landed and is still, aim to throw the balls as close to the target as possible, three throws each, the player with the closest ball to the target wins the point. Pay 10 rounds.

Coaching Points

1. Hold the ball in your dominant hand
2. Perform a throw with a nice smooth swing, not a fast swing
3. Think about the speed of your throw
4. Think, what if… the ball bounces and rolls?
5. Think about the speed of your throw, if it goes too far, your swing is too fast, if it not far enough, your swing is too slow.

Too tricky?	Too easy?
1. Roll the ball instead of throwing 2. Place the target closer to throwing zone 3. Use a bigger target	1. Stand further away from target 2. Use a small target

Lesson Recap

- What throwing technique did you do today?
- How should we swing our arm when throwing under arm
- How can we help with our aim?
- What does accuracy mean?
- How can we change the distance of our throws? Think about the speed that we swing our arm to throw.

Email me your feedback at sports@holyportprimaryschool.co.uk