

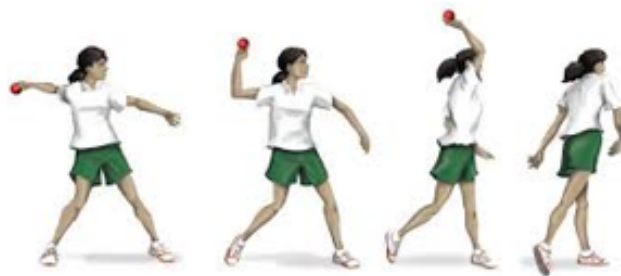
Good for Kids good for life

MASTERING THE OVER-ARM THROW

Over arm throwing is one of many Fundamental Movement Skills which requires practice. Fundamental Movement Skills are taught at school but you can help teach your child these important skills at home.

To master the over arm throw:

1. Focus eyes on target area throughout the throw.
2. Stand side-on to target.
3. Throwing arm moves in a downward and backward arc.
4. Step toward target area with foot opposite to throwing arm.
5. Hips, then shoulders rotate forward.
6. Throwing arm follows through, down and across body.



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