An underarm throw is used to propel an object over a short distance accurately. It involves the transference of weight forwards as the straight-throwing arm swings through from the back to the front to release the object at hip height.

**Stand facing the direction of the throw**

**Hold the object in throwing hand**

**Step forwards with the opposite foot to throwing arm**

**Swing the throwing arm backwards and then forwards, keeping it extended and relaxed**

**Release the ball in front of the body at approximately hip height**

**Follow through in the direction of throw, with the throwing hand pointing to target**

**Opportunity to develop:**
- Coordination - Manipulative skills
- Spatial awareness
- Sending skills
- Accuracy

**Physical Development Area of Learning - contributes to ‘Personal’ and ‘Adventurous and physical play’ skills sections**

**If you see...**

<table>
<thead>
<tr>
<th>Observation</th>
<th>Likely cause</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Object does not reach target</td>
<td>Releases the object too early and with little back swing of the arm. Does not step forward as object is released</td>
<td>Throw over obstacles. Practise stepping and swinging. Place markers on the floor to step forwards onto</td>
</tr>
<tr>
<td>Object ‘pops’ up vertically in the air</td>
<td>Releases the object too late</td>
<td>Instruct child to release object when hand is pointing at target</td>
</tr>
</tbody>
</table>

**Safety!**

Ensure...
- children only throw when instructed
- a throw line and the target are clearly identified
As they develop Manipulative

Body Management

As they progress

Manipulative Locomotor

- Throw a beanbag against a wall. Throw a beanbag to land on the floor.
- Throw at a large target; throw into practitioner’s hands in ‘ready’ position.
- Use nursery rhymes to encourage the swinging back and rock-step movement e.g. ‘See Saw Marjorie Daw’. Refer to a pendulum action.
- One child stands in front of the other. Child behind holds an object on the palm of their hand for the front person to reach behind, pick up and throw – in one continuous action.
- Throw large soft balls against a wall.
- Place coloured spots on the floor to encourage child to step onto opposite foot to throwing hand.

- Throw a beanbag against a target on the wall, e.g. spots, circles, squares, or to land in an area marked out on the floor, e.g. circle, square, roped area.
- Throw a beanbag for distance. Place ropes/chalk lines and encourage the child to throw beyond these.
- Throw a beanbag/ball to land on the other side of a target, e.g. poles across cones, net, bench.
- Throw large soft balls against a target on the wall, e.g. spots, circles, squares.
- Throw different sized, shaped and coloured objects and balls.
- Throw the ball to travel between hip and waist height. Throw ball through hoops or poles positioned at between hip-waist height.

- Throw for accuracy. Ask the child to throw a beanbag into a hoop, box or area.
- Throw a beanbag to hit a box, cone on the floor, or land in the box.
- Throw a greater distance.
- Throw a beanbag/ball over a greater height.
- Throw a smaller ball at a target on the wall.
- Throw to partner’s hands ‘ready’ position as they move within their garden.
- Throw beanbags to land in hoops. Introduce a simple scoring system.

Can you see...

the child’s eyes focused on the target? ☐
the child stepping forward onto the opposite foot to the throwing hand? ☐
the child taking their throwing arm back as they step forward? ☐
the child releasing the object in front of them at hip height? ☐
the child following through by pointing towards their target? ☐