



practice!

I want you to practice some of
throws that we learnt last
lesson.

Can you remember what they are?

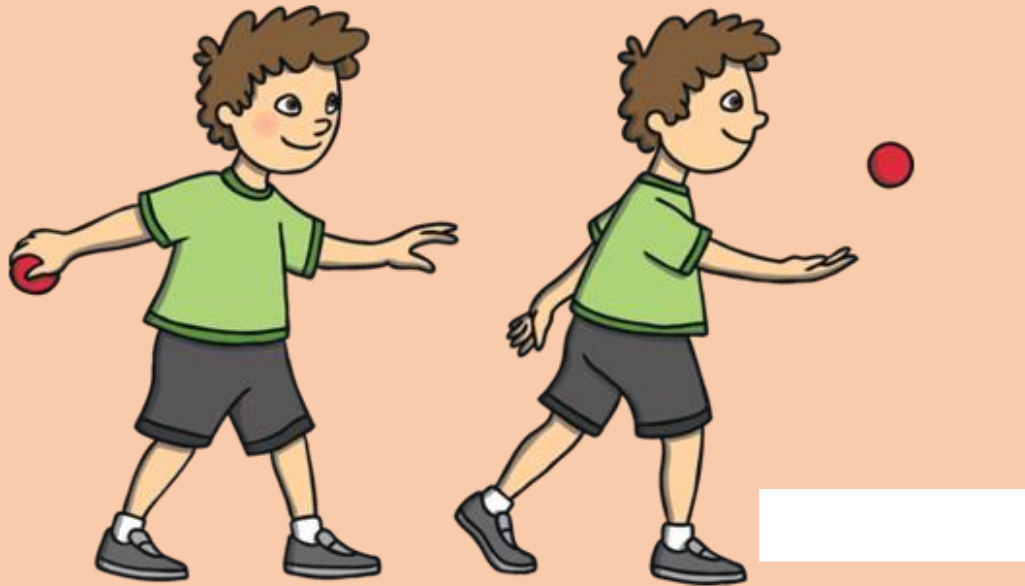
These activities need a ball. It doesn't matter what size you have. If you don't have a ball then you could use a pair of socks.

You might not have all the other equipment in your house but use what you can. There are ideas for different household equipment on each page.

Target throw using an under-arm throw:

Tips:

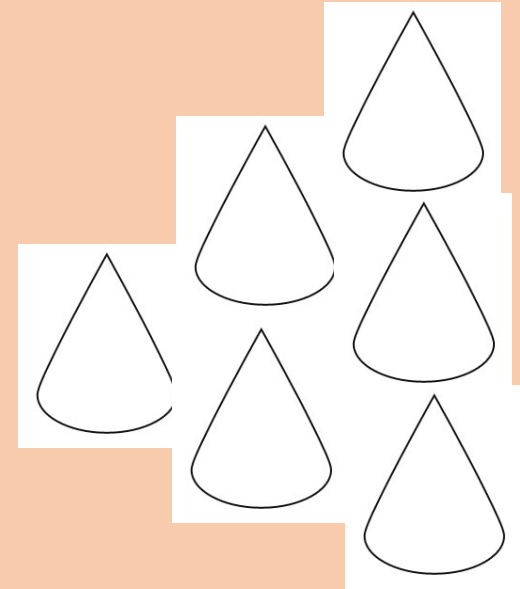
- stand with one foot in front of the other
- pull the ball backwards then swing your arm forward
- look where you aiming to throw it
- Release the ball about chest height



For your buckets you might want to use a saucepan or a mixing bowl from the kitchen. Maybe you could use a washing up bowl or a laundry basket.

Under arm roll for accuracy:

For your cones you could use plastic cups upside down or maybe toilet rolls.



Tips:

- stand with one foot in front of the other
- pull the ball backwards then swing your arm forward
- Try to get the ball to roll along the floor and not bounce

Javelin throw for distance:



You want something light and long to throw. Maybe you could tie two wooden spoons together.

WARNING: Make sure no one is in the direction you are throwing. Only throw if it is safe.

Tips:

- hold the javelin in the middle
- don't lean backwards when throwing, just move your arm backwards
- point your opposite arm towards where you are aiming
- Stand sideways and have 1 foot in front of the other

Over arm throw for accuracy:

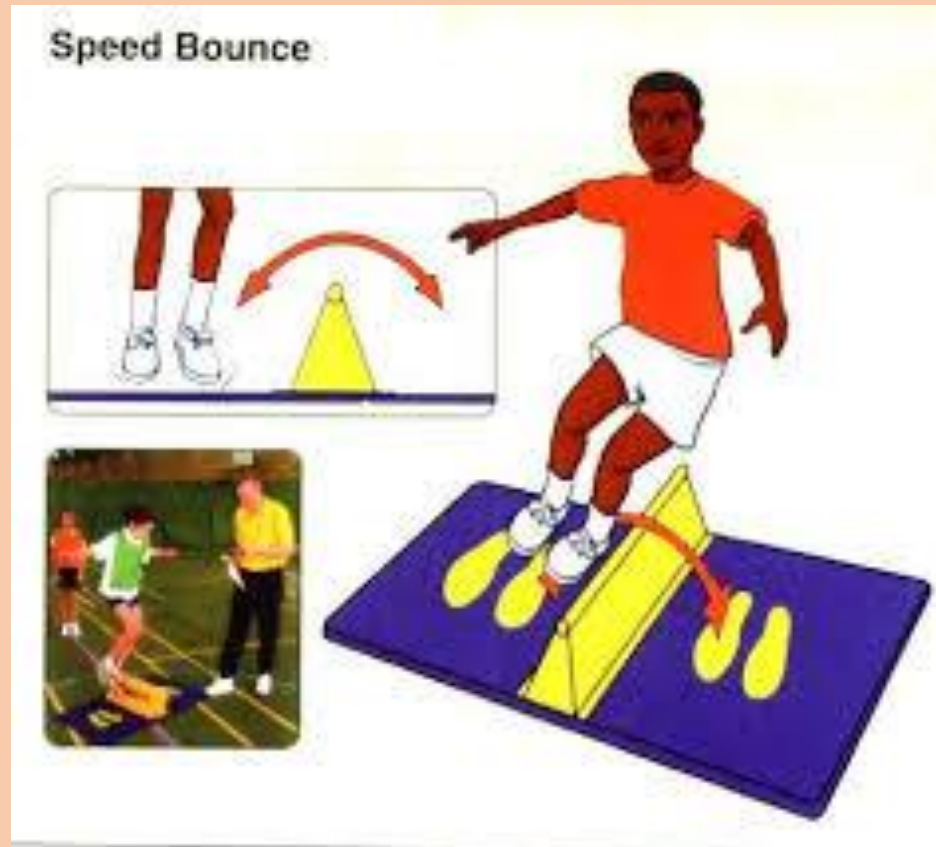
If you have a net at home use that.
If not, you could aim for a brick on the wall
(maybe draw an X using chalk) or a branch
on a tree. Just something higher than you.



Tips:

- hold the ball behind your head
- Bend your knees
- use both hands and push upwards and straighten your knees at the same time
- look where you are aiming for

Let's learn- Speed bounce!



Tips:

- Keep both feet together to jump over your middle base
- Try to keep your head up and have little glances down to check where you're jumping
- Use your arms to help with your balance
- Time yourself for 30 seconds. How many can you do? Can you beat it? Keep practicing.

Roll up a towel and use it as your middle base. This is what you are going to be jumping over. Maybe use a tea towel or bath towel. Which one is harder? Why?

Let's learn- Long jump!

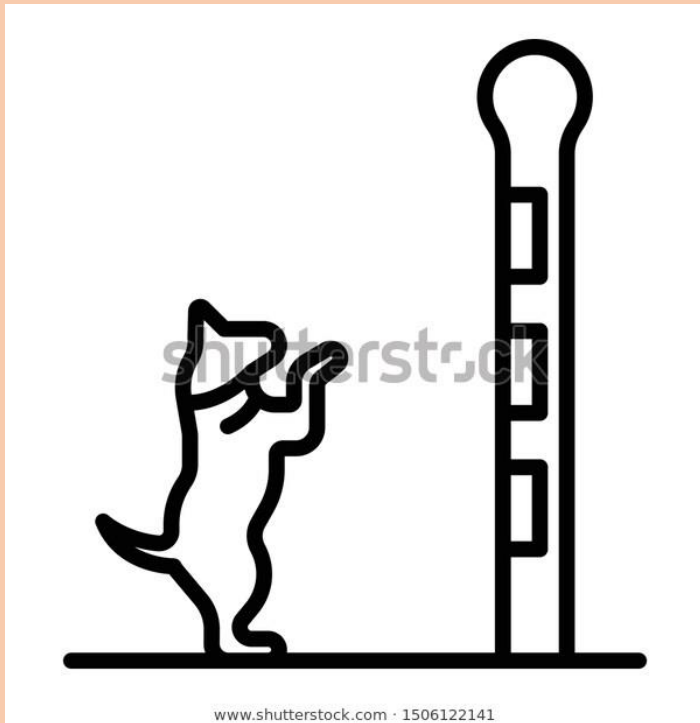


Tips:

- Keep both feet together to jump- start and land on 2 feet
- Swing your arms to help push you forward
- When you jump, pull your arms forward
- When you land, bend your knees to help with your balance

- have something to mark where you start jumping
- use a shoe to measure how far you've jumped – Can you beat your distance each time?

Let's learn- High jump!



Tips:

- All you need is a wall!
- Start on 2 feet and bend your knees.
- Swing your arms and then straighten your knees when you're ready to jump
- Aim to jump as high as possible so push yourself upwards and reach as high as you can with your arms

All you need for this one is a wall.

If you have it you could use chalk too and keep it in your hand when you jump. Mark where you jump too then try to beat your height.

You have now learnt 3 different throws and 3 different jumps.

You are going to be using all of these on Sports Day so make sure you practice at home and try to beat your scores!

Keep tally of your scores and I look forward to seeing your progress.

