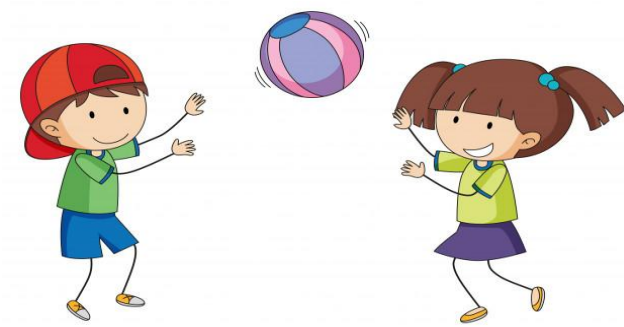


Bennettsbridge N.S.

Supporting your Child's Learning



Fundamental Movement Skill: Throwing

The skill of throwing goes hand in hand with catching and involves propelling an object away from the body. This skill has many variations, including the underhand throw, overhand throw, roll and the two handed throw. The skill is used in a wide range of activities such as throwing a javelin, serving in volleyball, chest pass in basketball, rolling in lawn bowls, pitching in baseball or throwing a paper airplane. It is recommended that soft items such as bean bags, foam balls or other light objects be used to practice throwing initially.

Activities to try at home:

- Encourage your child to throw a ball at least 20 times at a wall. Build on this each week.
- Play a game of throw and catch with your child. See how many you both can throw and catch without dropping it.
- Throw a ball at a wall, varying the distance from the wall each time you throw. Note three different things you notice when the distance to the wall changes.
- Discuss with your child three sports in which throwing is important. Draw a picture of one of the sports.

Class Teacher