

Event Explainer - Throwing / Caitheamh

Throwing

The manipulative skill of throwing goes hand in hand with catching, and involves propelling an object away from the body. This important fundamental movement skill has many variations, including the underhand throw, overhand throw, roll and the two handed throw. This resource focuses on the overhand throw, as many of its principles may be applied to the other variations. Concepts such as weight transference, generating force, developing a swinging motion and momentum are all important when learning to 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. The activities used are from the Move Well Move Often booklets. Please click below.



[Physical Literacy](#)

Activity 1 - Knock 'em Down Pinball (Leag iad leis Bpionniathróid - Gluais go maith, Gluais go minic - Leabhar 1 lth. 163)

Arrange pupils in groups of four or pupils can play in pairs or singly. Pupils line up fifteen metres apart, either side of a line of skittle targets as shown. Pupils could also use cans of Beans or empty cereal boxes. Groups take turns to roll a



ball, trying to knock over a target in the middle. If a pupil successfully knocks over a skittle, they can claim this skittle and bring it over to their side. Continue playing until all of the skittles have been claimed.

(REF - PDST MWMO Book 1)

Activity 2 - Tennis ball Challenge (Dúshlán na Liathróide Leadóige - Gluais go maith, Gluais go minic - Leabhar 2 lth. 159)

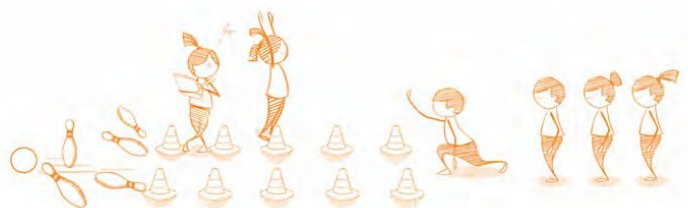
Pupils work in pairs, one throwing and the other counting. The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds. For safety reasons ensure that groups are spaced at least three metres apart.



(REF - PDST MWMO Book 2)

Activity 3 - Bowling (Babhláil - Gluais go maith, Gluais go minic - Leabhar 3 lth. 145)

Use cones to set up a bowling lane approximately five metres in length for each group. At the end of the bowling lane place five skittles as targets. Each bowler has three balls to knock over as many skittles as possible. All bowlers take a turn and then Replaced the knocked skittles. Keep your score. The pupil that knock over the most skittles wins. Increase difficulty by increase the distance between the thrower and the skittles or decreasing the width of the lane.



(Ref - PDST MWMO Book 3)

It is possible to increase or decrease the level of challenge in any task using STEP. Increase or decrease the space or distance, amend the task, change the equipment or add involve or change the people playing the game.



Links to youtube videos

https://youtu.be/_BwUf9mXm4Y Knock em down pinball

<https://youtu.be/KxD8V6xvsLk> Tennis challenge ball

<https://youtu.be/cg9gURRP63c> Bowling