# Student workbook – How can we solve problems when moving?

Name:

Class:

## Overview of lessons 3 and 4

You will:

* trial a number of techniques when throwing an object towards a target
* describe your body position when performing different throws.

## Resources

* help from an adult
* A soft object to throw (for example, soft ball, pair of socks, soft toy, scrunched-up paper)
* An object or landmark to create a target for the object to hit (for example, bucket, a long piece of string laid in a circle, an ‘X’ formed by two pieces of tape/material, a t-shirt laid on the ground, a chair/bench, a wall, a tree)
* Refer to [['Hit the target'](https://www.sportaus.gov.au/__data/assets/pdf_file/0011/703937/Hit-the-target.pdf)](https://www.sportaus.gov.au/__data/assets/pdf_file/0011/703937/Hit-the-target.pdf) game card for suggestions of what this activity could look like. (Sport Australia, 2019. Playing for life)

## Lesson 3 – Step or no step?

3.1Create a target that you can safely throw a soft object towards. Choose a ‘starting point’ where you will throw the object from.

3.2Discuss with your teacher/parent/caregiver what contributed to a successful throw in the activities you completed in previous weeks (Using three different types of throw – overarm, 1-handed underarm and 2-handed underarm).

3.3Throw the object towards the target. You should aim to hit the target. Pick up the object from where it landed and throw the object again until the target has been hit.

* 1. Repeat the challenge 5 times for each type of throw attempting to hit the target in a fewer number of throws.

Table 1 Step or no step examples

|  |  |
| --- | --- |
| Step or no step examples |  |
| Picture of girl performing a stand and throwPicture of object thrown by girl towards target using a stand and throw technique.Picture of person throwing an object at a bin. | Picture of person throwing an object at a bucket. |

3.5Record how many throws it took to hit the target.

Table 2 Step or no step – Target 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Step or no step |  Attempt 1 |  Attempt 2 |  Attempt 3 |  Attempt 4 |  Attempt 5 |
| Stand and throw |  |  |  |  |  |
| Step and throw |  |  |  |  |  |

3.6Discuss the following reflective questions with your teacher or parent/caregiver.

* What type of throw was successful? Why?
* What type of throw was unsuccessful? Why?
* Which type of throw was most comfortable for you to perform? Why?
* Describe why you might choose to step and throw?
* Why would a step help you when you throw?

3.7Move the target or the starting line so you have to throw the object a different distance.

* 1. Repeat the challenge 5 times for each type of throw attempting to hit the target in a fewer number of throws.

Table 3 Step or no step – Target 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Step or no step |  Attempt 1 |  Attempt 2 |  Attempt 3 |  Attempt 4 |  Attempt 5 |
| Stand and throw |  |  |  |  |  |
| Step and throw |  |  |  |  |  |

3.9Discuss the following reflective questions with your teacher or parent/caregiver.

* What type of throw was successful? Why?
* What type of throw was unsuccessful? Why?

 Resources

* A soft object to throw (for example, soft ball, pair of socks, soft toy, scrunched-up paper)
* An object or landmark to create a target for the object to hit (for example, bucket, a long piece of string laid in a circle, an ‘X’ formed by two pieces of tape/material, a t-shirt laid on the ground, a chair/bench, a wall, a tree)

## Lesson 4 - The overarm throw

4.1 Create a target that you can safely throw a soft object towards. Choose a ‘starting point’ where you will throw the object from. Try to create a target that is different to previous lessons or in a different place.

4.2Discuss with your teacher/parent/caregiver what contributed to a successful throw in the activity you completed last week.

What type of throw was more successful? Stand and throw? Or step and throw?

4.3Look at the example of the overarm throw. You can view a [video example of the overarm throw](https://youtu.be/1mdyMVezRGc) or look at the ‘overarm throw early stage 1’ card. Focus on the three key components of:

* ‘eyes focused on the target’
* ‘stand side-on’
* ‘step towards target area with opposite foot to throwing arm’.



4.4 Remember ‘EYES’, ‘SIDE-ON’, ‘STEP’.

4.5Throw your object and attempt to hit the target in as few throws as possible. Have 5 attempts throwing from the starting line.

4.6 Move the target or the starting line so that you have to throw a different distance.

4.7Repeat the challenge 5 times at 5 different targets or from different starting lines.

4.8 Record how many throws are used in each attempt for each throw.

Table 2 The overarm throw

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Type of throw |  Attempt 1 |  Attempt 2 |  Attempt 3 |  Attempt 4 |  Attempt 5 |
| Target 1  |  |  |  |  |  |
| Target 2 |  |  |  |  |  |
| Target 3 |  |  |  |  |  |
| Target 4 |  |  |  |  |  |
| Target 5 |  |  |  |  |  |

4.9 Discuss the following reflective questions with your teacher or parent/caregiver.

* What were the three components you had to remember when performing the overarm throw?
* How do you think these three components help you when performing the overarm throw?
* Did you adjust the way your body moved when throwing the object a different distance? Why/Why not?
* Which target was easiest for you to hit or nearly hit with your throw? Why?
* Which target was hardest for you to hit or nearly hit with your throw? Why?

 Resources

* A soft object to throw (for example, soft ball, pair of socks, soft toy, scrunched-up paper)
* An object or landmark to create a target for the object to hit (for example, bucket, a long piece of string laid in a circle, an ‘X’ formed by two pieces of tape/material, a t-shirt laid on the ground, a chair/bench, a wall, a tree).