

## What should I already know?

- How to throw underarm and overarm towards a target.
- How to throw for accuracy and distance.
- How to select the correct throw for the target.
- How to throw a ball with some accuracy.

## Key Knowledge & Skills

- How to select the appropriate skill for a situation.
- How to throw, roll or strike a ball to a target with precision.
- Understanding the principles of target games and using scoring systems.
- Understanding what a good technique looks like.

## Key Vocabulary and definitions

Roll	To move something by making it turn in a circular direction.
Slide	To move easily along a surface.
Target	Something to aim at when throwing or kicking.
Accurate	To be careful and precise.
Release	To let something go.
Aim	To point carefully with the hope of hitting something.
Strike	To hit with the hand or equipment.
Power	The amount of energy used to do something.
Opponent	In a game someone you play against.
Overarm	Using a pushing force to throw an object while the hand moves up and away from the body.
Underarm	Using a pushing force to throw an object while the hand swings down and back.

This unit will also help you to develop other important skills.

**Social** congratulate, support others, co-operation, kindness

**Emotional** manage emotions, honesty

**Thinking** identify areas of strength and areas for development, select and apply, comprehension, decision making

## About this Unit

Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target. Examples of target games are dodgeball, golf, curling, boccia, archery, bowling.



### overarm throw

- elbow high
- step forward with your opposite foot
- use for distance



### roll

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target



### underarm throw

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target
- use for accuracy



### strike

- swing with straight arms
- feet shoulder width apart
- finish with your club pointing where you want the ball to go

## Ladder Knowledge



### Throwing:

stepping with opposite foot to throwing arm will help you to balance. Moving your arm quicker will give you more power.

### Striking:

finish with your object/hand pointing at your target.