Get active

8. Overarm throw

For the supervisor and the student
Show me how to ...

1. Stand side on to where you are throwing.
2. Look to where you are throwing.
3. Swing your throwing arm up and forward.
4. Swing your throwing arm right back.
5. Step into the throw on your front foot.
1. Overarm throw

- Swing your throwing arm right back.
- Look to where you are throwing.
- Stand side on to where you are throwing.
- Step into the throw on your front foot.
- Swing your throwing arm up and forward.
- Show me how to... throw.
swing your throwing arm right back

look to where you are throwing

stand side on to where you are throwing

swing your throwing arm up and forward

step into the throw on your front foot
follow through with your throwing arm, down and across your body

rotate your hips and shoulders forward
follow through with your throwing arm, down and across your body

rotate your hips and shoulders forward

Show me how to ... throw
Show me how to throw

1. Stand side on to where you are throwing.
2. Swing your throwing arm up and forward.
   Step into the throw on your front foot.
3. Swing your throwing arm right back.

Photo board 1

Photo board 2
follow through with your throwing arm, down and across your body

rotate your hips and shoulders forward
follow through with your throwing arm, down and across your body

rotate your hips and shoulders forward