# RECIPROCAL CARD

## THROWING ACTIVITIES – PUSHING ACTION

### Key Teaching Points

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Throw 1 | Distance | Throw 2 | Distance 2 | Throw 3 | Distance 3 |
| Initial Stance |  |  |  |  |  |  |
| * Sideways stance |  |  |  |  |  |  |
| * Throwing arm to rear of the body |  |  |  |  |  |  |
| * Elbow at right angles to the body |  |  |  |  |  |  |
| Release |  |  |  |  |  |  |
| * Object pushed forward |  |  |  |  |  |  |
| * Object released at 45o |  |  |  |  |  |  |
| * Throwing hand points in direction objects needs to go |  |  |  |  |  |  |

### Task

In 3’s

1. Identify your role – THROWER, COACH, RETRIEVER
2. THROWER has 3 attempts at the throwing event.
3. After each throw the COACH gives feedback on the throw and records the distance achieved
4. After each throw the RETRIEVER collects and returns the implement thrown.
5. Once all 3 throws have been completed, pupils swap roles until they have all had a go at the task.

COACH

RETRIEVER

THROWER

Throwing line Cones set to measure distance