

# 5 Skills for Under 5's

## Skill 2: Throwing (Under Arm)

**Aim:** To master the fundamental movement skill of throwing under arm

**Task 1:** Practice the skill with a ball, rolled up socks or scrunched pieces of paper or a teddy bear

**Task 2:** Practice makes perfect, play the following game to help develop this skill



Skill/Skills	Activity	How to Play	Equipment
Under Arm Throw	<p>Noughts and Crosses</p> <pre>           ○ ○ ○         × △ ○ ○ ○ △ ×           ○ ○ ○           </pre>	<ul style="list-style-type: none"> <li>• Mark out a noughts and crosses grid</li> <li>• Take turns throwing towards the grid, one piece of paper at a time</li> <li>• Aim of the game to achieve 3 in a row</li> </ul>	<p>X a noughts and crosses grid – either taped or chalked out</p> <p>x9 pieces of paper in 2 different colours scrunched into balls</p>

### Points to help your child practice:

Use appropriately sized equipment, children will find it easier to control a smaller item, ball or bean bag

Increase the distance of the throw

Help to improve accuracy by making targets smaller

Face the direction of the throw

Step forward with opposite foot to throwing hand

