

THROWING DEVELOPMENTAL ACTIVITIES

Week #1/Lesson #1

1 Throwing at a Large Target

The child throws a rubber band ball at a very large target area like a wall. Do not emphasize accuracy, but rather distance. Have the child begin throwing to the target area. When he is able to get 8 out of 10 balls to reach the target area and demonstrate the Performance cues as listed on the first page, he is ready to move to task #2 below.

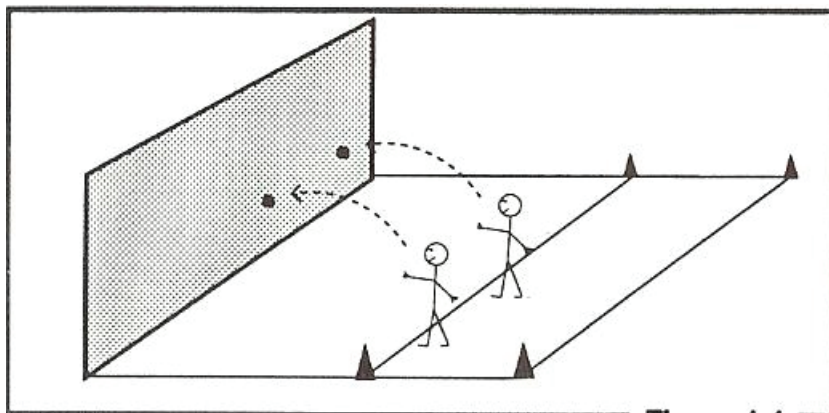


Figure 1-1

Recommended starting distances:
5 feet (ages 3 - 4) * 10 feet (ages 4 - 5)

Week #1/Lesson #2

2 Throwing Underhand to a Target

The child stands an appropriate distance from the Hula Hoop (or a taped circle) on the ground. He throws the Rubber Band ball underhand so that it lands inside the hoop 8 out of 10 times. If the child is successful, he then moves back at five foot increments.

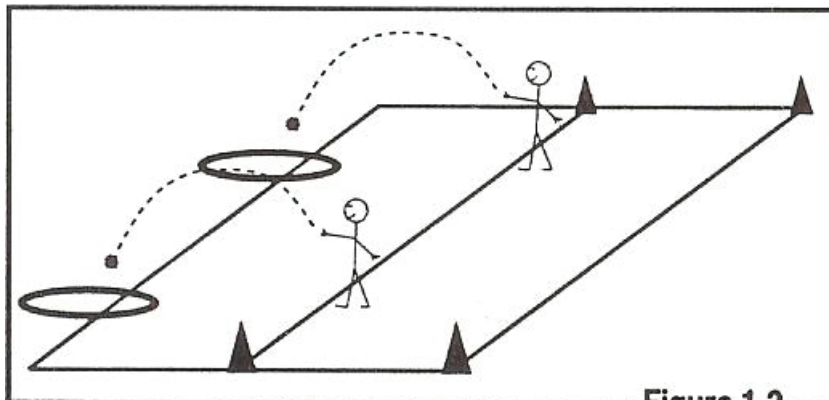


Figure 1-2

Recommended starting distances:
5 feet (ages 3 - 4) * 10 feet (ages 4 - 5)