



Underarm Throwing

Underarm throw, like the underarm roll, involves a backward-forward swing of the hand to release an object – a ball in the case of the former and any object in the latter.

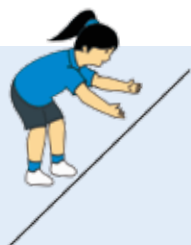
Unlike the underarm roll where the release is low and close to ground level, the release of the underarm throw can be at any angle or level depending on the purpose of the throw (e.g. whether it is to land an object near or far).

Underarm throws help your child make perceptual judgments on distance, space and the release strength. The developmental phases of underarm throwing are similar to those of underarm roll.

Teaching Strategies

Underarm Throwing

What to do if your child...



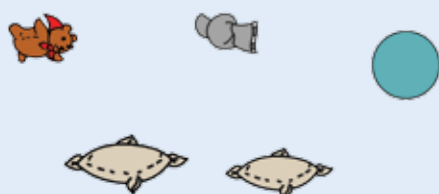
... needs to develop judgement for distance and strength of throw?

- Place three containers of different heights and shapes at different distances.
- Get your child to throw bean bags or rolled up socks into each, starting with the one closest to him.



... needs cues for the throwing sequence?

- Place a footprint marker on the floor to indicate where he should step.
- Give step-by-step cues: “Step, swing, throw and point” for your child to follow accordingly.

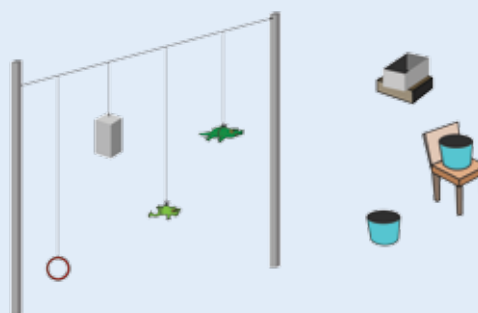


... needs to develop awareness of different strength required for throwing at different levels?

- Get your child to practise throwing to hit different targets (e.g. quoits, stuffed toys), for different purposes (e.g. to land far or near) and at different levels.

... needs to develop awareness of different strength required for throwing different objects?

- Get your child to practise throwing different objects (e.g. small stuffed toys, rolled up socks/towels, bean bags, frisbees).



Approximate Age of Development (in years)

Initial	1	2	3	4	5	6	7	8	9	10
Transition	1	2	3	4	5	6	7	8	9	10
Mature	1	2	3	4	5	6	7	8	9	10

Variations

“Can your child throw an object underarm...?”

How the body moves	Force/Effort	Time	Flow
	<ul style="list-style-type: none"> • as far as possible (e.g. to the end of the room) • to hit a near/far target • using his dominant/non-dominant hand 	<ul style="list-style-type: none"> • slowly/quickly • after two or three backswings • after making two jumps 	<ul style="list-style-type: none"> • without moving his free hand • swinging his free hand in opposition to his ball-hand • standing inside a hoop
	<hr/>		
Where the body moves	Location	Direction/Pathways	Levels/Extensions
	<ul style="list-style-type: none"> • to land over/in between the lines • to land on targets placed at different distances • to hit bottles hanging overhead 	<ul style="list-style-type: none"> • to the left/right • upward • at an angle close to/at a distance from the ground 	<ul style="list-style-type: none"> • so that it ‘draws’ a rainbow • upward near/far • at waist level
With whom/What the body moves	Self (body parts)/People		Objects
	<ul style="list-style-type: none"> • with left/right hand • for it to touch your legs • to land on/near your thrown object 		<ul style="list-style-type: none"> • such as a face towel or a pair of rolled-up socks • into a basket/box placed near/far on a chair • to hit a rolling ball

COMBINATIONS

- Gently but quickly without moving his free hand
- Upward from a seated position for it to land on his left

Activity 1

Underarm Throwing

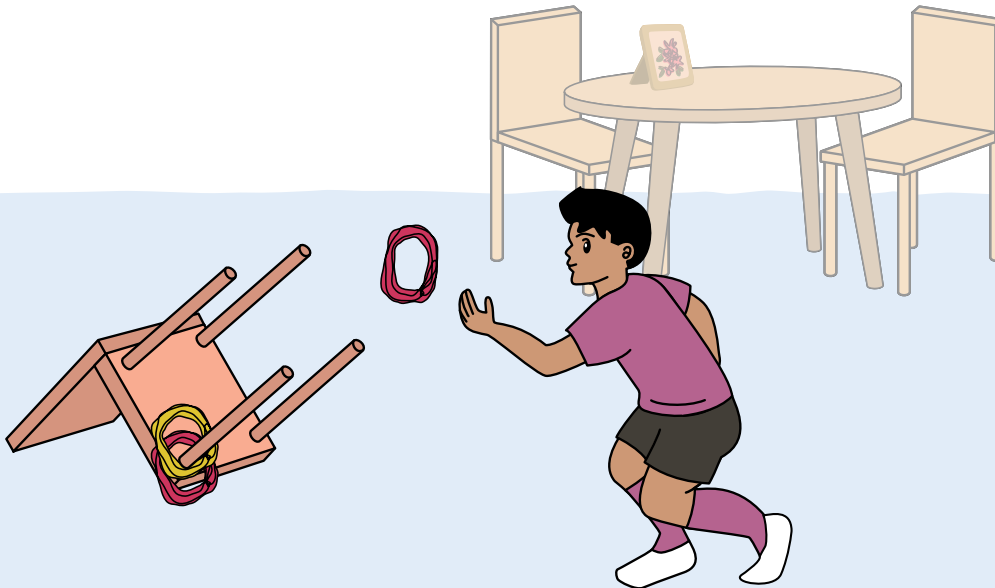
OBJECT CONTROL SKILLS



- An inverted chair can be hazardous. You must keep a watchful eye on your child during this activity.

WHAT YOU NEED

- Newspapers, rolled up to make rings
- A chair



HOW TO PLAY



- Together with your child, roll up newspapers and tape them together to form rings. Invert a chair so that its four legs are pointing upwards.
- Position your child a distance away from the chair. Get him to throw the newspaper rings, aiming for any of the legs of the chair.



- Challenge your child to repeat the activity by standing further away from the chair.

BE AWARE

- Teach your child to aim. Ask him to pick one leg of the chair, and to keep his eyes fixed on that leg while he is throwing the ring.
- Make sure your child straightens his arms as he throws the rings. This will help with the accuracy of his throw.

PRACTICE MAKES PERFECT

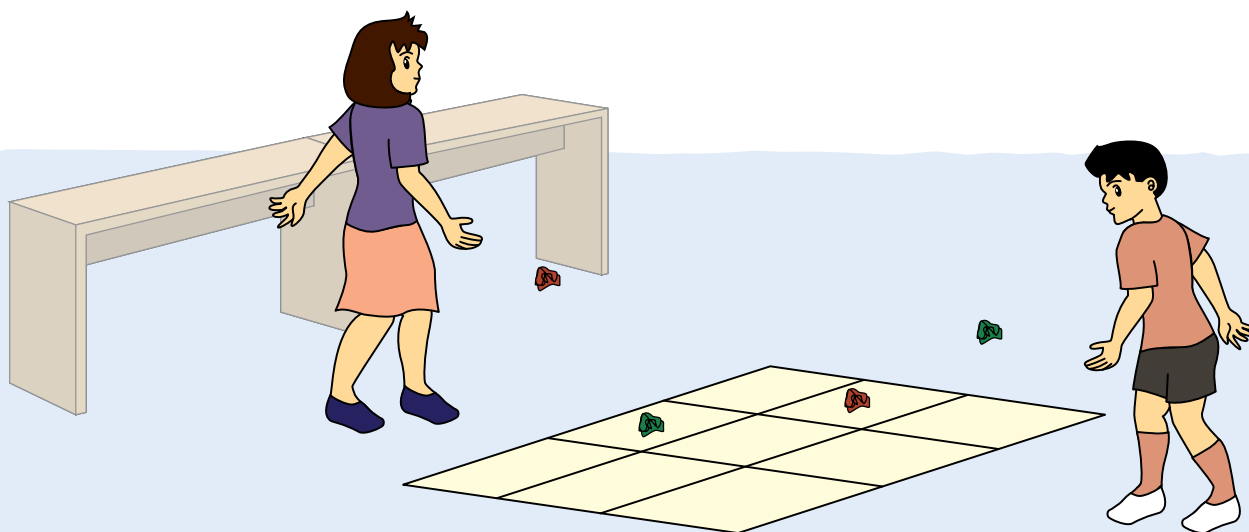
- Your child can look around the house for objects to aim at with his newspaper rings.

Activity 2


OBJECT CONTROL SKILLS

WHAT YOU NEED

- A sheet of “mahjong” paper
- Small and soft objects suitable for throwing, such as stuffed toys, erasers or small pillows



HOW TO PLAY

- Lay a sheet of “mahjong” paper on the floor. Draw a 3x3 grid (“Tic-tac-toe” grid) on it.
-  Play “Tic-tac-toe” on it with your child. Use small objects found at home as markers to throw on your chosen space on the grid.



- Challenge your child by increasing the distance between the thrower and the “mahjong” paper.

BE AWARE

- For younger children who may not know how to play “Tic-tac-toe”, you can put an item in each grid square and simply get them to aim at the items, one at a time.
- Encourage your child to lift and straighten his arms before releasing the object. This will help with the accuracy of his throw.

PRACTICE MAKES PERFECT

- In place of the “mahjong” paper, you can use foam mats to form the 3x3 grid. You can even use the floor tiles in your home.