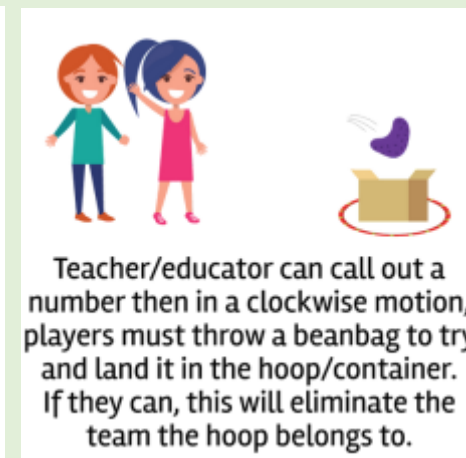
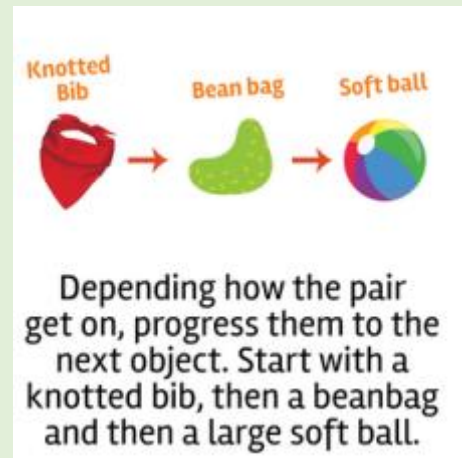


Year 1 Spring 2

Fundamental Skills



- Perform an overarm throw showing correct technique.
- Perform an overarm throw showing good distance.
- Accurately hit static and moving targets.
- Use both overarm and underarm throws to hit targets.
- Catch various different items showing good technique.
- Catch a ball that has been bounced by themselves.



Question

Can you throw overarm? Can you throw underarm?

Vocabulary

Overarm, underarm, correct technique, static, moving, good technique, catch.