

Physical Education e-Day

K -1st GRADE

1.

- Practice throwing 20 times for each kind of throw.
- Write the total number of throws you did on the line beside the name of the throw. The cues are inside the (). See illustrations below.

_____ Chest Pass

(face, ball on chest, step, push ball forward)

_____ Overhead Pass

(face, ball overhead, step, throw ball forward)

_____ Overhand Throw

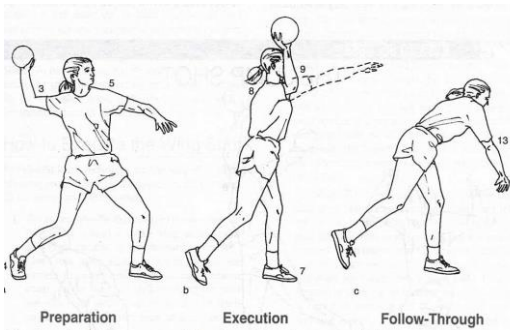
(sideways, listen, elbow, step opposite, throw, follow-through to opposite thigh)

_____ Underhand Throw

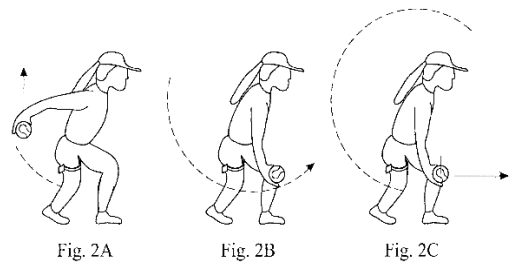
(face, aim, step, tick tock, release)

2.

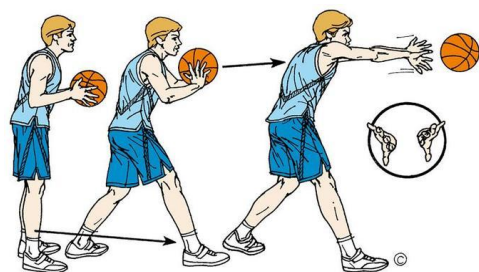
- Play throw and catch with a friend or family member.
- Teach your friend or family member how to throw.
- Circle the throw/pass that is your favorite.



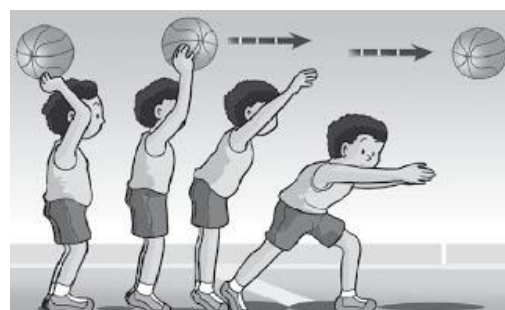
OVERHAND



UNDERHAND



CHEST PASS



OVERHEAD