

Overhand Throwing Test

Name _____

Classroom Teacher _____

Directions:

Cut and paste the steps of an overhand throw in order. Then label the steps using the phrase bank.

Step #1	Step #2	Step #3	Step #4

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

PHRASE BANK:

*Twist body and follow through

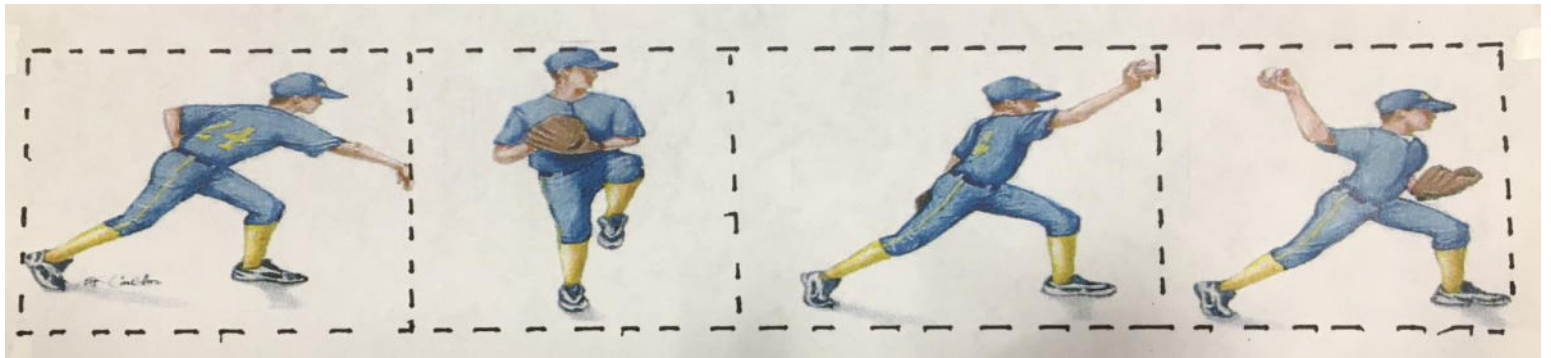
*Ball slightly above and behind ear level

*Side facing target

*Step with opposite foot

Short Answer:

What are 2 benefits of using correct form when using an overhand throw.



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