

LEARN

STEP 1
BENCHMARK K

T Position

T Position



Hand on Top



Twist Tummy



Tickle Knee



Demonstrate the correct T position when throwing a tennis ball overhand at least 20 feet, starting from a side orientation.

- Stand with the hips and shoulders parallel to the direction of the throw, with the feet slightly wider than shoulder-width.
- Hold the arms out to the sides so the elbows are in line with the shoulders and the throwing hand is on top of the ball (with the palm facing the floor).
- Initiate the throw by rotating the hips and then the shoulders toward the target while throwing.
- Follow through after releasing the ball so the shoulder on the side of the throwing arm points in the direction of the throw and the throwing hand is near the knee and to the side opposite the throwing arm.

STEP 2

Open to a T

Stand Sideways



Open to T



Twist Tummy



Tickle Knee



Demonstrate opening to a T position correctly when throwing a tennis ball overhand at least 20 feet, starting from a side orientation.

- Stand sideways to the target with the arms near the waist and the feet near shoulder-width apart.
- Step toward the target with the lead foot while simultaneously extending the arms to a T Position.
- Initiate the throw by rotating the hips and then the shoulders toward the target while throwing.
- Follow through after releasing the ball so the shoulder on the side of the throwing arm points in the direction of the throw and the throwing hand is near the knee and to the side opposite the throwing arm.

STEP 3
BENCHMARK 1

Pivot and Twist

Face Target



Turn and Step
T Position



Twist and Throw



Tickle Knee



Demonstrate pivoting and twisting correctly when throwing a tennis ball overhand at least 20 feet, starting facing the target.

- Pivot on the foot on the throwing-arm side, from a position facing the target, so the hips and shoulders are parallel to the direction of the throw and the weight is on that same foot.
- Extend the throwing arm (so the elbow is 160-180 degrees) back from the target while pivoting, keeping the throwing hand above the ball (so the palm faces the floor) with the throwing elbow in direct line with both shoulders.
- Step toward the target with the foot opposite the throwing arm.
- Twist the hips, and then the trunk and shoulders, toward the target with the shoulders passing well beyond square to the target.
- Follow through after releasing the ball so the shoulder on the side of the throwing arm points in the direction of the throw and the throwing hand is near the knee and to the side opposite the throwing arm.

STEP 4
BENCHMARK 2

Mature Arm Action

T Position



Bend Elbow
Hand Back



Straighten Elbow
Let Go



Finish

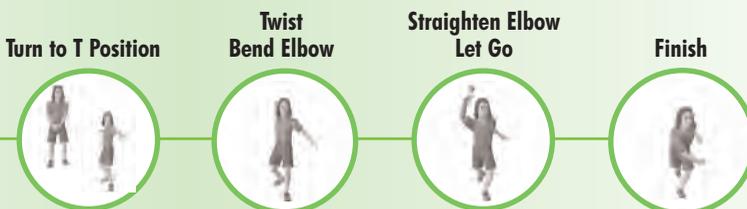


Demonstrate correct arm action when throwing a tennis ball overhand at least 20 feet, starting facing the target.

- Bend the elbow of the throwing arm, leading the lower portion of the arm with the elbow during the first half of the arm action.
- Extend the elbow of the throwing arm as it aligns with the shoulders and release the ball after the hand passes the shoulders.
- Follow through with the throwing shoulder well beyond square to the target and the throwing arm traveling to a point below the waist and to the side opposite the throwing arm.

STEP 5
BENCHMARK 3

Mature Form



Demonstrate mature form while throwing a tennis ball overhand at least 30 feet, starting facing the target.

Preparation Phase

- Pivot on the foot on the throwing-arm side, from a position facing the target so the hips and shoulders are parallel to the direction of the throw and the weight is on that same foot.
- Extend the throwing arm (so the elbow is 160-180 degrees) back from the target while pivoting, keeping the throwing hand above the ball (so the palm is facing the floor), with the throwing elbow in direct line with both shoulders.

Action Phase

- Step directly toward the target with the foot opposite the throwing arm.
- Twist the hips, followed by the trunk and shoulders, toward the target with the shoulders passing well beyond square to the target.
- Bend the elbow of the throwing arm, leading the lower portion of the arm with the elbow during the first half of the arm action.
- Extend the elbow of the throwing arm as it aligns with the shoulders and release the ball after the hand passes the shoulders.

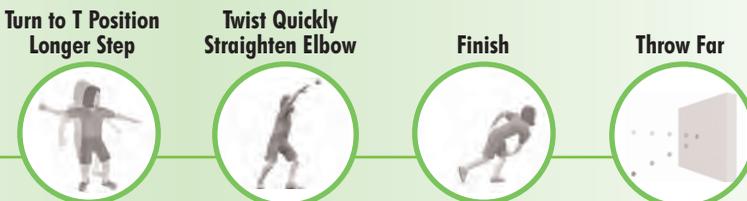
Completion Phase

- Follow through with the throwing shoulder well beyond square to the target and the throwing arm traveling to a point below the waist and to the side opposite the throwing arm.

DO

STEP 6

Distance



Demonstrate mature form when throwing a tennis ball overhand so it travels in the air these distances: K-2, 30 feet; 3-5, 40 feet.

STEP 7
BENCHMARK 4

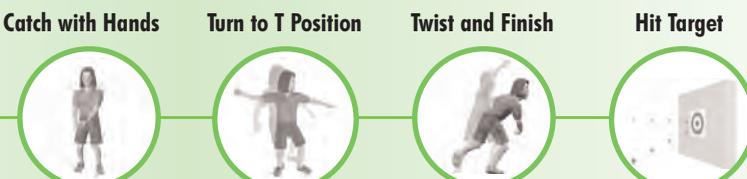
Distance and Accuracy



Demonstrate mature form when throwing a tennis ball overhand so it hits a six-foot-square target centered four feet above the ground from these distances: K-2, 30 feet; 3-5, 40 feet.

STEP 8
BENCHMARK 5

Field and Throw

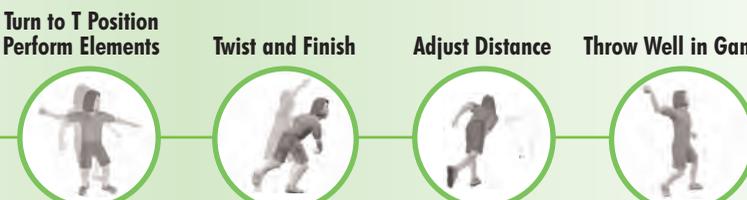


Demonstrate mature form when throwing overhand after fielding rolling, bouncing and/or fly balls that travel at least 30 feet, turn 90 degrees and then hit a six-foot-square target centered four feet above the ground from these distances: K-2, 30 feet; 3-5, 40 feet.

USE

STEP 9

Use in Physical Activities



Demonstrate mature form when throwing overhand in physical activities.