



## Hit the Wickets

**Approach:** Open space

**Focus:** Accurate throwing.

**Resources:** Set of Kiwisport wickets, 3 small balls.

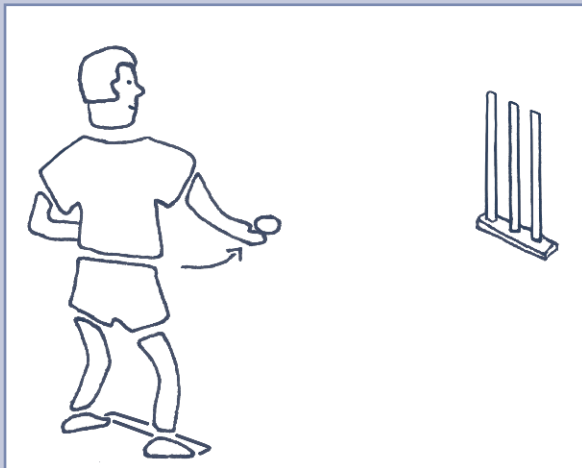
**Level:** Year 4 and year 8

**Questions/instructions:**

Stand on the mark.

Try to hit the wickets (6m away).

1. Throw the ball **underarm** - 3 times.  
— the first throw is a practice go.
2. Throw the ball **overarm** - 3 times.  
— the first throw is a practice go.



% responses  
y4 y8

**Number of hits underarm:**

3	4	8
2	17	28
1	47	43
0	32	21

**Number of hits overarm:**

3	1	4
2	12	18
1	39	40
0	48	38

**Overarm technique:**

throw, side-on, opposite shoulder pointing toward wickets	5	5
throw, body facing straight towards wickets - i.e. using arm only	68	59
cricket style bowl	17	28
shot-put style push	6	5
other overarm	4	3

**Commentary:**

Only about 10 percent more year 8 than year 4 students succeeded well with this task. The choice of overarm throwing technique probably reflects the small effort required as much as it does the techniques developed by the student. (If a greater distance had been involved, a higher proportion would probably have used the side-on throw or a cricket bowling action.)