

Trend Task: Distance Throw

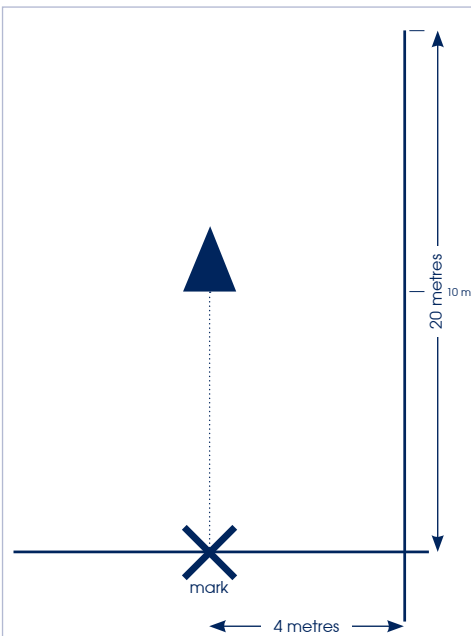
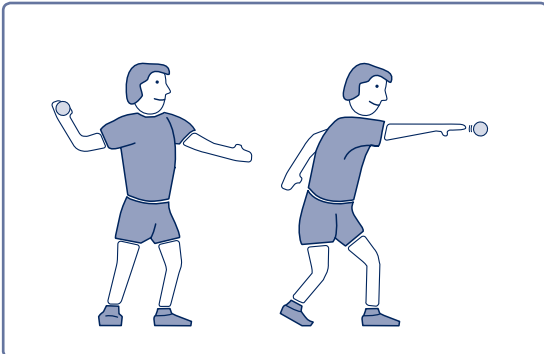
Approach: Open space

Focus: Throwing

Resources: 3 small balls, cone, floor plan as below

Year: 4 & 8

Questions / instructions:



Stand on the mark.

Try to throw the ball as far as you can, over the cone.

Have **three** throws - the first one is a practise throw.

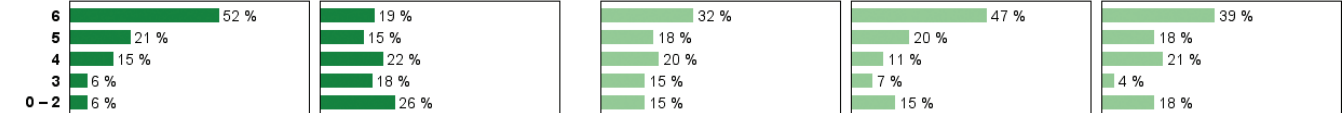
	% response 2006 ('02)	
	year 4	year 8
faced side-on to target area at start of throw	69 (66)	76 (68)
throwing arm behind body in lead up to throw	86 (80)	87 (93)
other arm aimed towards target before throw	73 (62)	70 (64)
weight transfer	69 (61)	80 (71)
marked sequential hip to shoulder rotation	58 (46)	71 (62)
throwing arm followed through down and across body	86 (84)	87 (86)
Total score:	6 36 (26)	48 (34)
	5 18 (21)	20 (24)
	4 18 (15)	13 (14)
	3 12 (17)	5 (12)
	0-2 16 (21)	14 (16)

Subgroup Analyses:

Year 4

Score

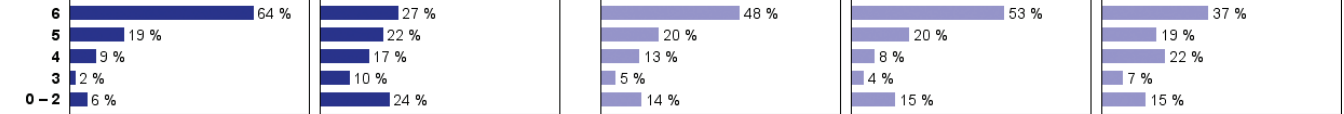
Range



Year 8

Score

Range



Commentary:

Boys scored much higher than girls on throwing technique. There was moderate improvement at both year levels from 2002 to 2006.