

Throw and Catch

Approach: Open space

Level: Year 4 and year 8

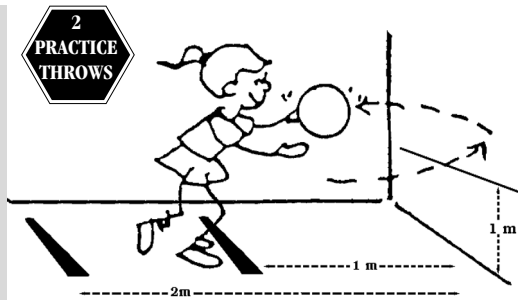
Resources: Large ball, timer, small ball, line to place on wall.

Instructions

Stand on the marker for each throw. (Try to keep the ball off the ground.)

LARGE BALL

Two-hand chest throw against wall and catch.



		y4	y8
1. How many throws and catches in 15 seconds from 1 metre ?	> 29	2	3
	20-29	8	48
	10-19	63	47
	< 10	28	2
2. How many throws and catches in 15 seconds from 2 metres ?	> 15	0	10
	11-15	6	55
	5-10	31	27
	1-4	26	6
	0	37	2

SMALL BALL — UNDERARM

One-hand throw against wall and catch.

		% responses	
		y4	y8
1. How many throws and catches in 15 seconds from 1 metre ?	> 15	0	21
	11-15	26	63
	5-10	49	15
	< 5	25	1
2. How many throws and catches in 15 seconds from 2 metres ?	> 15	0	1
	11-15	3	44
	5-10	37	48
	1-4	37	7
	0	23	0

SMALL BALL — OVERARM

One-hand throw against wall and catch.

		% responses	
		y4	y8
1. How many throws and catches in 15 seconds from 3 metres ?	> 8	1	19
	7-8	4	22
	5-6	6	14
	1-4	24	28
	0	65	17

Commentary

About 45 percent more year 8 students than year 4 students scored in the top two categories for each task. A significant proportion of year 4 students lacked the strength of throw required with the large ball at 2 metres and the overarm throw at 3 metres.