

COME AND BE NUTZ WITH US!

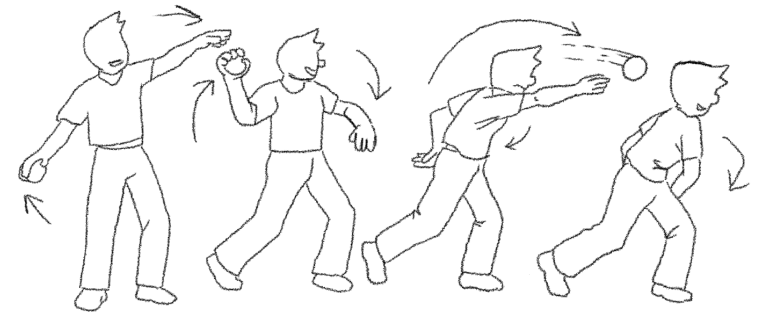


Getting your children to move and do some fun exercise is vitally important for their health and development. Try this short and fun activity today.

Throwing!

How to

- The correct technique involves (see image with explanations):
 1. A windup with the throwing arm
 2. Rotating hip and shoulders forwards while stepping with the foot opposite to the throwing hand
 3. A release of the ball at the correct height
 4. A follow-through, after the ball has been released, diagonally across the body
- To practice this, play good old catch: throw and catch the ball between 2 or more people, making sure everyone is using the correct technique.
- Put some targets on the walls (paper and prestik) to practice aiming.
- To add some numeracy exercises, try counting every time the ball is caught, or for older kids, count in times tables.



Why?

Throwing is a fundamental movement skill that is vital for success in many sports. Learning the basics of throwing is a necessary building block before learning sport specific throws. Throwing requires and helps to build the following developmental skills:

- Hand-eye coordination
- Left-right discrimination
- Laterality (the dominance of one side of the brain)
- Spatial awareness

It only
takes
5
minutes!