

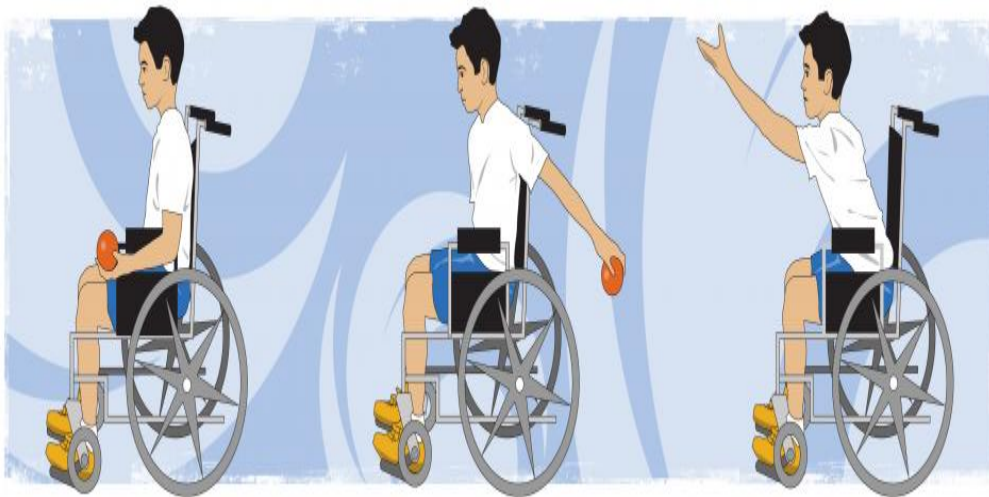
# One-Handed Underhand Throw

## Activity

**Resource:** Learn to Move

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

Propelling an object forward using a one-handed underhand motion.



- Cradle the object in the throwing hand with the object resting in the palm
- Focus on the target
- Stand face-on to the target
- Swing the throwing arm backwards while stepping forward with the opposite foot to the throwing arm
- Lean slightly over the extended front foot
- Release the object

- Follow through towards the target

## I can also...

- play baseball
- play wheelchair bocce
- participate in bowling

## Self Check Questions

- Does my weight transfer from my back foot to my front foot as I throw?
- Do I keep my eyes on the target throughout the motion?
- Do I perform the throw in one fluid motion?