

Sending an Object: Success Criteria

Description: Applying force to an object with the hand, the foot or with an implement.

Examples: serving, throwing, kicking, striking, volleying.

Movement Skills

Preparation:

- I can place my feet shoulder width apart with knees bent.
- I can square my shoulders and feet to the target.
- I can keep my eyes on the target.
- I can move my arm backward in preparation with my opposite elbow raised for balance.
- I can rotate my trunk to my throwing side.
- I can place my weight on my back foot.

Execution:

- I can move my elbow forward horizontally as I extend my arm when throwing.
- I can swing my arms in opposite directions to each other when kicking.
- I can apply force in the direction of the target with larger muscles used before smaller muscles.
- I can release the object at the point where it will hit the target.
- I can transfer my weight from my back foot to my front foot.
- I can initiate a kicking movement from my hip.
- I can bend my opposite leg for support when kicking.

Follow-Through:

- I can bend my trunk during my follow through while kicking.
- I can extend my trunk during my follow through while volleying.
- I can follow through in direction of the target.
- I can maintain my balance to be ready for my next movement.

Combining Manipulation with Locomotion Skills:

- I can send an object while moving toward my teammate or the goal.
- I can send an object while avoiding my defender.
- I can move in a variety of directions while dribbling/carrying an object.

Applying Movement Concepts:

- I am aware of how to move my body to successfully send an object.
- I can move my body in a variety of directions and pathways to successfully send an object.
- I can apply the appropriate amount of effort to send an object to my target.
- I can avoid obstacles while sending an object to a target.
- I can adjust to environmental conditions while sending an object to a target.

Applying Movement Principles:

- I can increase my base of support by lowering my centre of gravity while in a ready position.
- I can decrease my stability to effectively send an object by raising my centre of gravity and decreasing my base of support.
- I can control the force I use to send an object to a target.
- I can control the speed at which I send the object.
- I can control the direction I send the object toward my target.

Thinking About Performance (Living Skills):

- I can analyze my sending skills and make adjustments to hit my target.
- I can use feedback to improve my ability to send an object while moving in a variety of environments.
- I can use verbal and non-verbal skills when working with teammates to successfully send an object to my target.

Improving Performance:

- What factors do you need to consider when throwing an object?
- What do you need to do to send an object with more power?
- How do you apply the phases of movement for effectively sending an object while moving toward your target in a game?