

Name: \_\_\_\_\_

OVERHAND THROWING STEPS	SECURE	DEVELOPING
Step 1: Student's body is turned sideways.		
Step 2: Student's opposite shoulder of their throwing arm is lined up with their target.		
Step 3: Student steps with their non-dominant foot and brings their dominant arm up over head.		
Step 4: Student follows through by releasing the ball and having their dominant throwing arm cross over their body in the direction of their target.		



# Overhand Throwing Rubric Pe Central

**Michael Spittle**



## **Overhand Throwing Rubric Pe Central:**

**Teaching Children Physical Education** George Graham, 2008 Contains brief vignettes of elementary school physical education teachers demonstrating some of the teaching skills described in the book

**The Essentials of Teaching Physical Education** Stephen A. Mitchell, Jennifer L. Walton-Fisette, 2022 The Essentials of Teaching Physical Education Second Edition delivers the vital information future and current physical educators need to know with a focus on social justice and equity issues It uses a standards based teaching for learning approach and helps readers develop the skills in planning management teaching and assessment they need to begin successful careers

*Motor Learning and Skill Acquisition* Michael Spittle, 2021-03-03 Integrating theory with practice this core textbook provides a structured and sequential introduction to motor learning and motor control Part 1 begins by introducing what motor learning is and how movement is controlled before exploring how a learning environment may be manipulated to assist in the learning and performance of movement skills Part 2 explores motor control from neural behavioural and dynamic systems perspectives Part 3 provides an overview of considerations in applying motor learning and skill acquisition principles to physical education exercise and sports science Chapters are illustrated with flowcharts and diagrams to aid students understanding and include activities and end of chapter review questions to consolidate knowledge Motor Learning and Skill Acquisition is essential reading for all Physical Education Exercise and Sports Science and Sports Coaching students New to this Edition New and updated chapters on skill acquisition approaches talent identification and development and performance analysis and feedback as well as separate chapters on practice design and task modification and practice organisation and planning Contains additional content on decision making tactical and strategic skills traditional and constraints led skill acquisition approaches practice design and skill drill and game based practice for skill acquisition Supported by a bank of online lecturer resources including PowerPoints MCQs and lab activities

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