

Week 7 May 4th- May 8th

Monday

Skill #1 - Overhand throw

Basic cues (from instructional video): *Side to target, uppercase L, step, twist, throw*

More detailed cues:

- **"Side to target"**: Point non-throwing side/shoulder to the target (i.e., if left handed thrower, point right shoulder/side towards target).
- **"Arm way back"**: Throwing arm way back behind head.
- **"Step"**: Step with your opposite foot towards target (i.e., if throwing with left hand, step towards target with your right foot).
- **"Follow through"**: Follow through by letting your throwing arm come across the opposite side of your body.

*See attached poster for pictures

Ways to practice the overhand throw-

- Throw to a parent or sibling
- Throw at a target
- Throw the ball for your dog to retrieve and bring it back to you :)

Receiving a throw -Catching Cues:

	<p>Basic cues (from instructional video): <i>reach, grab, give</i></p> <p>More detailed cues:</p> <ul style="list-style-type: none"> ● "Track": Track the ball with your eyes all the way into your hands. ● "Reach": Reach arms towards ball. ● "Give": Give with ball as ball hits hands to make it a soft catch. ● "Pinkies and Thumbs": Pinkies together if ball is below waist. Thumbs together if ball is above waist. ● "Quick Feet": Move your feet quickly to get into position to catch the ball. <p>*See attached poster for pictures</p> <p>Taken from (resources cited on this webpage) https://www.pecentral.org/pecchallenge/challenges/partthrowcatch.html</p>
<p>Tuesday</p>	<p>- Practice your overhand throw!</p>
<p>Wednesday</p>	<p>Skills #2- Underhand throw</p> <ul style="list-style-type: none"> ● Basic Cues (from instructional video): <i>swing, step, throw</i> <p>More detailed cues:</p> <ul style="list-style-type: none"> ● "Face the target": Belly

	<p>button should be pointing to the target.</p> <ul style="list-style-type: none"> ● "Step": Step with your opposite foot towards the target (i.e., if throwing with right hand, step towards target with your left foot) ● "Bowl the ball": Use a pendulum arm motion with the arm you are throwing with (i.e., like you are bowling). ● "Follow through": Follow through to the sky or ceiling with hand your throwing hand <p>*See attached poster for pictures</p> <p>Ways to practice-</p> <ul style="list-style-type: none"> -You could practice underhand throwing with a parent or sibling. - You could set up targets in your house in a safe place or outside to underhand throw to.
Thursday	Tabata workout #2
Friday	Free choice Friday!!