

# Underhand Toss

The focus in PE this week is on the skill of completing an underhand toss.

Safe Video Link: <https://video.link/w/E1YHb> underhand demo by iPreferCoaching

Components of Skill:

- Face your target.
- Step toward the target with the foot OPPOSITE of the hand you are tossing with.
- Swing your tossing hand backward and then forward like a pendulum.
- Release the object in your hand at around shoulder level.

Equipment:

- Object to toss: small ball, rolled up socks, paper crumpled into a ball, bean bag.
- Target: laundry hamper, cardboard box, wall target (poster, paper secured to the wall, outline an area with painter's tape)
- Visual Cue: If needed, use a starting line and a marker for the opposite foot to step onto prior to the tossing arm swinging.
  - Starting Line: Natural line in the floor (plank of flooring, transition between tile and carpet, etc), tape line, jump rope, tie, robe tie, etc.
  - Cue for opposite foot to step to: Tape mark or sticker, drawer liner, rubber jar opener/hot pad



Make it fun:

- Do it as a family.
- Earn points for each basket made.
- Play Bozo's Grand Prize Game
  - <https://video.link/w/6vYHb>
  - Provide a line of buckets, increase points for each bucket made.
  - This is a nice way to work on getting the forward swing and release, graduating to a larger backswing and improving release as the buckets get further away.
  - Start your stance line further back than the one in the video so your child has room to take a forward step with his/her opposite leg.
- Increase the challenge: Use smaller targets (garbage can, bucket, pot) and tossing objects (ping pong balls)