

Overarm throw: observe, practise, improve

Audience: Year 9 Physical Education pupils

Choose a self, peer or teacher perspective, record overarm-throw evidence and set a measurable practice target.

Choose roles and perspective

Performer: _____ Observer: _____

Feedback source: self-observation / partner observation / teacher feedback. Tick one. Record what this perspective actually sees or provides.

Observe three attempts

Attempt	Side-on stance?	Opposite foot forward?	Follow-through?	Evidence note
1				
2				
3				

Accuracy challenge

Teacher-approved area, line and target: _____

Before practice, five throws: successful ___ / 5. After practising one cue, five throws: successful ___ / 5.

What changed? _____

Feedback and next cue

Evidence I saw, recorded or was told: _____

Next cue to practise: _____

Teacher setup: select suitable soft equipment, a clear throwing area and the start line before use. Use an approach only if it has been taught.