



Improve your Move

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TIPS FOR LEARNING HOW TO THROW

Just like reading & writing, kids need to learn to move

This week in the KIDDO session we learnt how to throw:



Ready: Stand side on like a surfer



Aim: Make a muscle arm



Point non-throwing arm at target

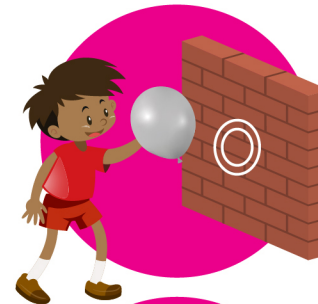


Fire: Step with non-throwing side foot and throw



Children need active play + practice to learn these essential skills to be active for life

Fun games to play at home:



Draw chalk targets on the wall & throw at them - use a water balloon to make it even more fun



Super throw - using a small ball try throwing as far as you can, see if you can throw further with each throw



Save the soft toy - set-up out a range of soft toys for your child to throw at. If they hit them they get to rescue them and bring them home.