



George Jeffrey
Children's Centre
ENRICHING CHILDREN'S LIVES

SKILL: THROWING



Emerging:

- throw is mostly from elbow
- the ball is released high in arc and travels 5-7 feet
- cue the child to get their hand and elbow up
- encourage leaning forward as they throw
- 28 to 31 months



Developing:

- throws using the shoulder and elbow
- shifts weight forward onto the same foot as the throwing arm
- cue the child to get their elbow up and behind their ear
- cue to step forward as you throw
- throw towards targets
- 4 to 4 ½ years



Mature:

- throws with more use of the shoulder and arm
- steps forward on the opposite foot as the throwing arm
- use a cut out footprint or marker to encourage the opposite foot to step forward
- aim to targets of variable sizes and at increasing distances
- 5 to 6 years

Games to help your child learn to throw

- **Hit the Target** – set up a variety of targets (i.e. smiley face on the wall, land an object in the basket, throw through the hoop) and have a few tries at each one
- **Knock-em-over** – set up targets such as bowling pins or milk cartons and throw different size balls to knock down as many as possible
- **Bean Bag Golf** – place 2 or more hoops around the yard, have the child start at a marker and throw the bean bag towards the hoop. Continue to throw the bean bag and count how many throws until it lands inside the hoop.