**Learning Cues**

**Overhand Throw:**

1) Hip and spine rotate as throwing action is executed resulting in side to target

2) Arm back and extended with elbow at shoulder height or slightly below

3) Step with opposition as throwing arm moves forward

4) Elbow leads forward progression of throw

5) Follow through toward target and across body.

**Underhand Throw:**

1) Face the target in preparation for the throwing action

2) Arm back past the hip to start the throwing action

3) Step with opposition at the same time the throwing arm moves forward

4) Follow through toward intended direction of travel

**Catching**:

1) Extend arms or hands out to ball

2) Hands are positioned with palms facing out and pinkies together for catching below the waist / thumbs are together for above the waist

3) Catch with hands only

4) Absorbs catch on contact (either hands relax, elbows bend, or pulls it in).

**Throw/Catch Learning Cues Read**

1. Circle and write down all unfamiliar words in the selection
2. Define those words using context clues in the reading.
3. Underline 5 key facts or main ideas from the reading; write them on your paper.
4. Of the 5 cues for the overhand throw select one and explain why it is crucial. Site Evidence
5. Of the 4 cues for the underhand throw select one and explain why it is necessary. Site Evidence
6. Compare and contrast the overhand and underhand throw? (Venn Diagram may help)
7. Of the 4 cues for the catching select one and explain why it is important. Site Evidence

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