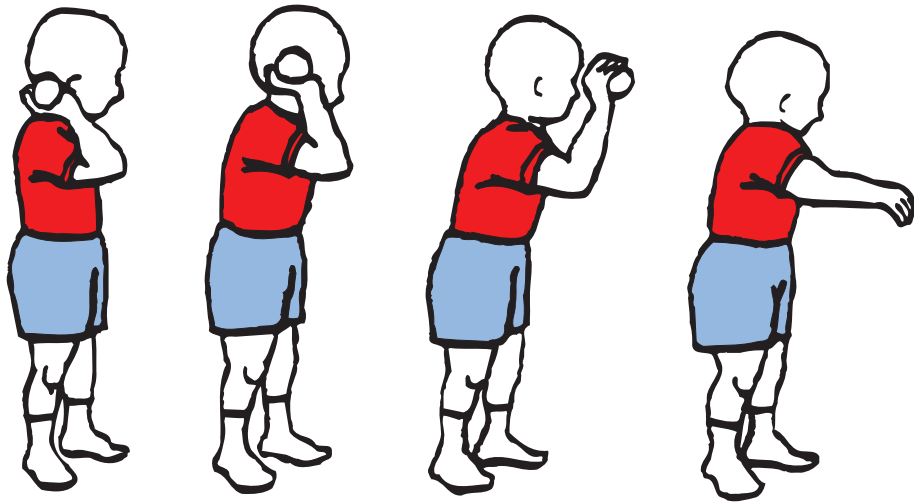
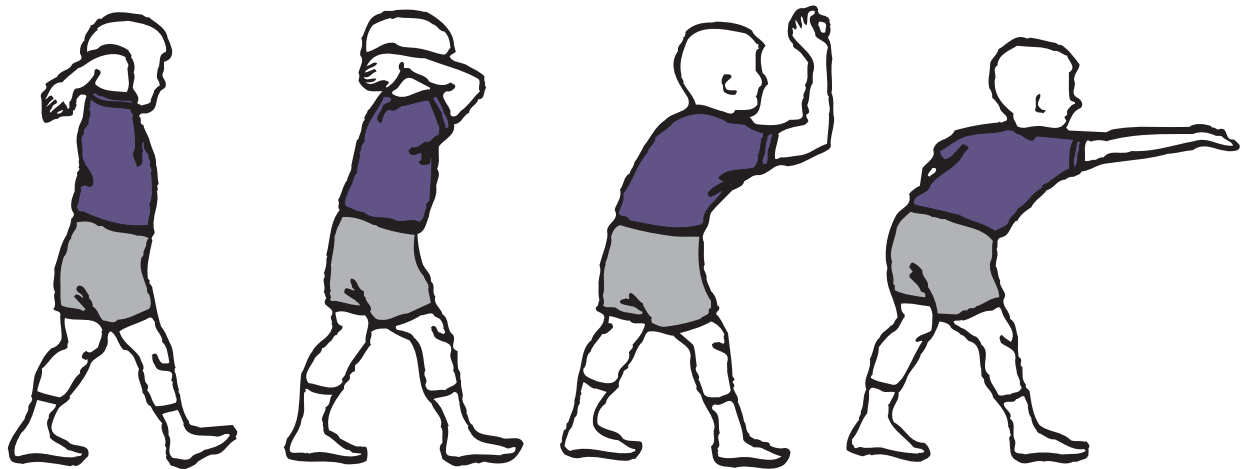


I. Throwing	
A Initial stage	<ol style="list-style-type: none"> 1. Action is mainly from elbow 2. Elbow of throwing arm remains in front of body; action resembles a push 3. Fingers spread at release 4. Follow-through is forward and downward 5. Trunk remains perpendicular to target 6. Little rotary action during throw 7. Body weight shifts slightly rearward to maintain balance 8. Feet remain stationary 9. There is often purposeless shifting of feet during preparation for throw
B Elementary stage	<ol style="list-style-type: none"> 1. In preparation, arm is swung upward, sideward, and backward to a position of elbow flexion 2. Ball is held behind head 3. Arm is swung forward, high over shoulder 4. Trunk flexes forward with forward motion of arm 5. Shoulders rotate toward throwing side 6. Trunk flexes forward with forward motion of arm 7. Definite forward shift of body weight 8. Steps forward with leg on same side as throwing arm
C Mature stage	<ol style="list-style-type: none"> 1. Arm is swung backward in preparation 2. Opposite elbow is raised for balance as a preparatory action in the throwing arm 3. Throwing elbow moves forward horizontally as it extends 4. Forearm rotates and thumb points downward 5. Trunk markedly rotates to throwing side during preparatory action 6. Throwing shoulder drops slightly 7. Definite rotation through hips, legs, spine, and shoulders during throw 8. Weight during preparatory movement is on rear foot 9. As weight is shifted, there is a step with opposite foot
II. Developmental difficulties	
<ol style="list-style-type: none"> A. Forward movement of foot on same side as throwing arm B. Inhibited back swing C. Failure to rotate hips as throwing arm is brought forward D. Failure to step out on leg opposite the throwing arm E. Poor rhythmical coordination of arm movement with body movement F. Inability to release ball at desired trajectory G. Loss of balance while throwing H. Upward rotation of arm 	

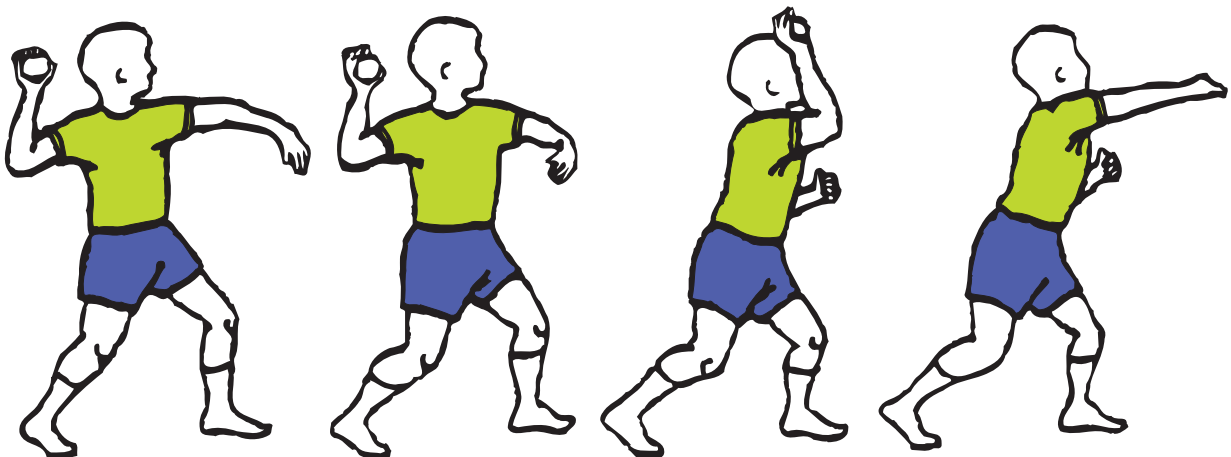
Initial



Elementary



Mature



From F. Cleland Donnelly, S.S. Mueller, and D.L. Gallahue. 2017, *Developmental physical education for all children: theory into practice*, 5th ed. (Champaign, IL: Human Kinetics).