

## Manipulative Skill: Overhand Throw

Rating	Body	Space	Effort	Relationship
Advanced	Mature performance (as described in the box below)	Throws to moving targets at high, medium, and low levels.	Can generate appropriate force for medium and far distances to moving targets.	Can throw to moving partner.
Proficient	<p>Preparation</p> <ul style="list-style-type: none"> <li>• Positions side toward target.</li> <li>• Holds ball in both hands at waist level and off center toward throwing side.</li> </ul> <p>Execution</p> <ul style="list-style-type: none"> <li>• Winds up, bringing throwing arm back behind head with elbow bent at 90-degree angle (L shape).</li> <li>• Steps toward target on opposite foot.</li> <li>• Rotates chest and hips toward target as throwing arm is extended toward target.</li> </ul> <p>Follow-through</p> <ul style="list-style-type: none"> <li>• Throwing arm follows through across body.</li> </ul>	Throws to stationary targets at high, medium, and low levels.	Can generate appropriate force to reach medium distance to stationary targets.	Can throw to stationary partner.
Developing	<p>Preparation</p> <ul style="list-style-type: none"> <li>• Positions side to target.</li> <li>• Holds ball in both hands at waist level and off center toward throwing side.</li> </ul> <p>Execution</p> <ul style="list-style-type: none"> <li>• Wind-up is limited, and arm is not drawn back behind head.</li> <li>• Steps toward target on opposite foot.</li> <li>• Uses some rotation of hips and chest as throwing arm is extended toward target.</li> </ul> <p>Follow-through</p> <ul style="list-style-type: none"> <li>• Sometimes follows through across body.</li> </ul>	Throws to medium-level targets.	Force is generated inconsistently.	Can throw to large stationary targets.
Beginning	<p>Preparation</p> <ul style="list-style-type: none"> <li>• Chest faces target.</li> <li>• Holds ball in both hands at waist level.</li> </ul> <p>Execution:</p> <ul style="list-style-type: none"> <li>• Wind-up is limited.</li> <li>• Elbow leads throwing action.</li> <li>• Steps with same foot as throwing arm or takes no step.</li> </ul> <p>Follow-through</p> <ul style="list-style-type: none"> <li>• Does not follow through.</li> </ul>	<p>Cannot throw consistently to a specified level.</p> <p>Throws downward toward low targets.</p>	Generates little force.	Throws to wall as target.