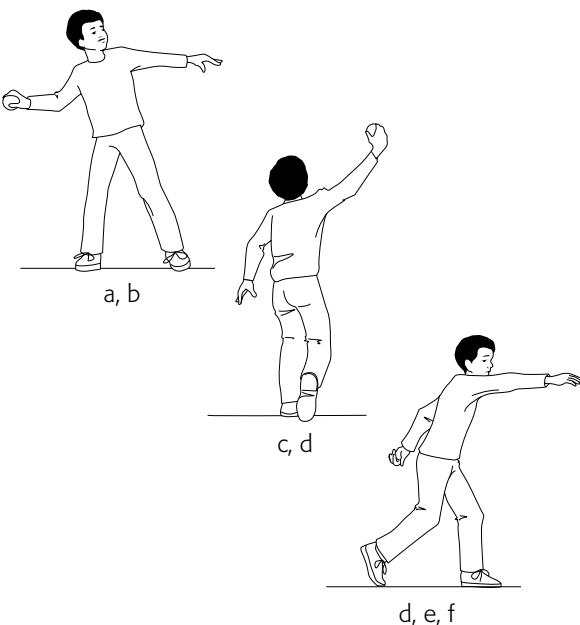
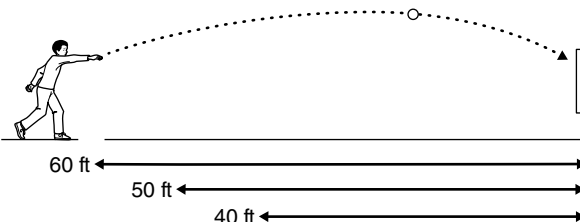


EVERYONE CAN

Assessment Item: OVERHAND THROW

Equipment and Space Requirements:

- Use a tennis ball (2.5-inch diameter) for skill level 1. Use a softball (12-inch circumference, official weight) with a no-sting surface for skill level 2 and skill level 3.
- Use a 4-foot-square vertical target placed 2 feet off the ground (target markings may be taped to a wall).
- Throw in an outdoor field or large gymnasium at least 70 feet in length (10-foot staging area plus 60-foot throwing distance).

Skill Levels	Focal Points
<p>1. Demonstrate the mature overhand throw.</p> 	<p>The student demonstrates the following focal points for the mature overhand throw while throwing a tennis ball toward a target with the dominant hand (right or left) on 2 of 3 trials.</p> <ol style="list-style-type: none"> Side orientation, standing with nondominant side toward target, weight evenly distributed on both feet, feet shoulder-width apart, eyes on target, ball held in dominant hand at waist level in front of body. T position with almost complete extension of the throwing arm, with trunk rotation back. Throwing arm passes above shoulder, with body rotation forward. Weight shift to throwing arm—side foot during extension of throwing arm, and weight shift to foot on the opposite side of the body as throwing arm passes above shoulder. Ball release toward target, palm facing downward, knees and hips slightly flexed, trunk near vertical. Arm follows through well beyond ball release toward target. Smooth integration (not mechanical or jerky) of the previous focal points.
<p>2. Demonstrate the mature overhand throw for distance.</p> 	<p>The student with a mature overhand throw (skill level 1) will throw a softball for distance on 2 of 3 trials.</p> <p>Throwing distances:</p> <ul style="list-style-type: none"> • Grades K-1 40 feet • Grades 2-3 50 feet • Grades 4-5 60 feet
<p>3. Demonstrate the mature overhand throw for accuracy.</p>	<p>The student with a mature overhand throw (skill level 1) and overhand throw for distance (skill level 2) will throw a softball for accuracy on 2 of 3 trials.</p> <p>Accuracy criterion: Hit a 4-foot-square vertical target placed 2 feet off the ground.</p> <p>Throwing distances:</p> <ul style="list-style-type: none"> • Grades K-1 40 feet • Grades 2-3 50 feet • Grades 4-5 60 feet

Reference data: A baseline distance of 60 feet is used in fast-pitch softball.

Figure 5.4 Sample Everyone Can! CRI for the overhand throw.

From Horvat, M., Kelly, L.E., Block, M.E., and Croce, R., *Developmental and adapted physical activity assessment*, 2nd ed. (Champaign, IL: Human Kinetics, 2019). Reprinted, by permission, from L.E. Kelly, J.A. Wessel, G.M. Dummer, and T. Sampson, 2010, *Everyone can* (Champaign, IL: Human Kinetics), 114. Illustrations reprinted from J. Wessel, 1976, *I CAN: Object control* (North Brook, IL: Hubbard Scientific Company), 89. By permission of J. Wessel.