

## Task Analysis Overhand Throw

Visual Description: In ready position (stance/hand position), brings dominant hand back to ear, then student steps with their opposite foot, and moving arm forward releasing the ball.

### Movement Sequence

#### Action

1. Stand perpendicular to target
2. Bring dominant hand back to ear
3. Step toward target with opposing foot
4. Bring arm forward toward target
5. Release ball
6. Follow through toward target

### Movement Cues

- Stance
- Ear
- Step
- Throw
- Release
- Follow Through

- Four most critical points

### Task Complexity Variables

#### Instructional Objective Resource Information

Learner - Discrete Skill (K-2) Elementary

Task: Overhand Throws 4 out of 5 times

Environment: Gatorskin balls at wall target area from 10 feet away.

### Check List:

Dominant Hand

Opposing Foot

Throw

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