

## Throwing example

**M**

### Modify the task

Start with a bean bag & throw onto the settee  
Make harder by making the target smaller before swapping to a ball

**T**

### Teach Strategies

teach under arm then over arm throwing  
Use demonstration & let your child ask you questions

**C**

### Change the Environment

Work in a quiet indoor space before introducing more people or an out door space

**A**

### Alter your Expectations

Start as a backstop in rounders rather than being in outfield

**H**

### Help by Understanding

Talk with the PE teacher about each terms planned sport so they & you can practice specific skill  
Provide opportunities for your child to shine and show their strengths