

## POSITIONING FOR OBSERVING SKILLS

For this skill...	Observe From...	Because...
Throwing	<ul style="list-style-type: none"> <li>▪ On the throwing-arm side of the thrower, slightly ahead of the thrower</li> </ul>	<ul style="list-style-type: none"> <li>▪ You need to see the throwing arm without the body being in the way, but you also need to be out of the way of the throw if the thrower releases the ball too soon</li> <li>▪ Combination of best place to view + safety of observer</li> </ul>
Running	<ul style="list-style-type: none"> <li>▪ Stand to get a side view as the runner runs past</li> </ul>	<ul style="list-style-type: none"> <li>▪ Allows you to see the knee lift and arm action</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Directly behind the runner</li> </ul>	<ul style="list-style-type: none"> <li>▪ Best place to observe whether the runner is running in a straight line or moving from side to side with each stride</li> </ul>
Kicking	<ul style="list-style-type: none"> <li>▪ On the kicking-leg side of the kicker and slightly ahead of the kicker</li> </ul>	<ul style="list-style-type: none"> <li>▪ Need to see the kicking leg without the body being in the way and still be out of the way of the kick if the kicker miskicks</li> </ul>
Striking	<ul style="list-style-type: none"> <li>▪ On the striking side of the hitter and slightly ahead of the hitter</li> </ul>	<ul style="list-style-type: none"> <li>▪ Need to see the bat without the body being in the way and still be out of the way of the ball if it is mishit</li> </ul>
Jumping	<ul style="list-style-type: none"> <li>▪ Stand to get a side view of the jumper</li> </ul>	<ul style="list-style-type: none"> <li>▪ This view lets you see if the knees and hips are being used to maximum effect</li> </ul>
	<ul style="list-style-type: none"> <li>▪ If the jumper isn't jumping straight ahead, stand behind the jumper to see which side of the body is pushing more than the other</li> </ul>	<ul style="list-style-type: none"> <li>▪ If the jumper is having trouble jumping straight, move behind the jumper to get a view of which side is pushing more than the other</li> </ul>
Balance	<ul style="list-style-type: none"> <li>▪ Directly in front of the performer if the performer is falling from side to side</li> <li>▪ Directly to one side of the performer if the performer is falling forward or backward</li> </ul>	<ul style="list-style-type: none"> <li>▪ Need to be able to see if the vertical line through the centre of gravity is falling inside or outside the base of support</li> </ul>
Catching	<ul style="list-style-type: none"> <li>▪ To one side and slightly in front of the catcher.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Need to be able to see if the arm/hands "give" with the approaching ball; this can be seen only from the side</li> </ul>

Source: NCCP Fundamental Movement Skills