

Description of Activity

Invite pupils to find a space in the playing area where they are not in contact with anyone else. Give each pupil a beanbag and invite them to practise throwing it up in the air and catching it while standing still. Include some of the following challenges:

- How many catches can you count before the beanbag drops?
- Can you clap before catching the beanbag?
- Can you clap under your leg before catching the beanbag?
- Can you turn around before catching the beanbag?

Invite pupils to walk around, still throwing the beanbag up in the air and catching it. Pupils count how many catches they complete while walking. Continue to provide instructions for challenges before the catch such as clap hands, click fingers, touch the ground, turn around etc.



Variations

- Use a ball instead of a beanbag.
- Complete the activity only while standing still, or while sitting.
- If the playing area is limited arrange the class in two groups, with one group catching on the move as the other group catches while standing still.

Equipment

An open playing area, beanbags (one per pupil)



- Ensure the playing area is open and free of obstruction.
- Encourage pupils to exercise caution and to look where they are going when walking and catching.
- Ensure pupils have their hands out in front of them in a good catching position.



- Practise this activity at home using a rolled up pair of socks, on your own or with a friend or family member.



- an féidir leat í a ghabháil? • gabháil agus caitheamh • málaí pónairí • bualadh bos • Gabh é/í • Comhairigh