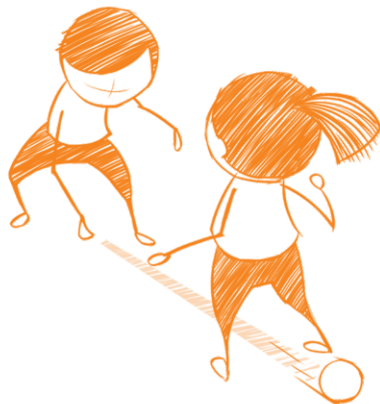


Description of Activity

Arrange pupils in pairs and invite them to find a space in the playing area where they are not in contact with any other pair. Pupil A stands one metre behind pupil B, both facing in the same direction. Pupil A rolls a tennis ball under pupil B's legs. Pupil B must react quickly to retrieve the ball. Pupil B returns the ball to pupil A who repeats the activity five times before swapping over the roles and playing again.



Variations

- To simplify the activity, begin with beanbags and to increase the difficulty of the activity progress to footballs.
- Invite pupil A to bounce the ball between the legs of pupil B instead of rolling it. Pupil B must try to catch it before it bounces a second time.

Equipment

An open playing area, tennis balls, bean bags, footballs, cones



- Ensure pupils are not rolling the ball across the path of another pair.
- Encourage the catcher to face forward and not to preempt the throw.
- Encourage pupils not to roll the ball too far away (no more than three metres).
- Pause the activity at intervals to focus on the specific teaching points for catching in the lesson. Provide feedback to individuals while they are catching during the activity.



- Practise catching at home by bouncing a ball against a wall and catching it before it bounces a second time.



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