

Description of Activity

Pupils sit cross legged on the floor with a ball each. Invite them to explore rolling the ball on the ground around their body. Pupils then find a partner and using only one ball per pair sit facing each other with legs outstretched and feet touching. Practise rolling the ball back and forth on either side of the body. Focus on catching and trapping the ball with the hands.

Next, invite pupils to throw the ball so that it bounces once before their partner catches it. If the throw is not accurate, lean the body left or right to get behind the path of the ball. If the throw is accurate, try moving further apart.



Variations

- To progress the activity, practise rolling and bouncing the ball while standing up.
- Practise rolling the ball into or onto a target.
- Arrange pupils in groups sitting three metres apart in a zigzag line formation. Invite pupils to roll/bounce the ball from pupil to pupil, up and back along the zigzag line.
- Explore different ways to roll the ball, under, over and through obstacles.
- Consider using a rolled up sock to practise throwing and catching in pairs.

Equipment

An open playing area, one small bouncy ball for each pupil



- **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 rolling a ball against a wall at home.**



- **cosa trasna ar a chéile • liathróid a rolladh • i mbeirteanna • gabháil • caitheamh • le dhá lámh**