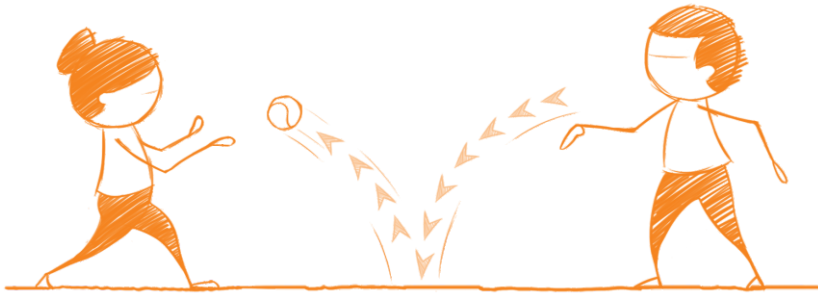


Description of Activity

Arrange pupils in pairs and invite them to find a space in the playing area where they are not in contact with other pupils. Pupils face each other, approximately five metres apart and place a spot marker on the floor in the middle, equidistant from each pupil. Pupil A bounces the ball on or near the spot for their partner to catch. Pupil B then repeats the action.



Variations

- Alternate the hands used to bounce and catch e.g. bounce with two hands and catch with one or bounce with one hand and catch with the other.
- Vary the size or shape of the ball.

Equipment

A hard playing surface, spot markers, balls of various sizes including tennis balls



- Ensure pairs are evenly spaced and that pupils are not throwing across the path of another pair.
- At regular intervals pause the activity and discuss today's teaching points for catching. Invite a pupil to demonstrate correct technique, invite pupils to practise in isolation and then return to the activity.



- In your PE journal, draw a picture of a game that involves catching.



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