

## Description of Activity

Invite pupils to sit on the ground with legs astride. Each pupil has a ball. Pupils bounce the ball on the ground to head height and catch it again before the ball hits the ground. Invite pupils to alternate the hand used to bounce or catch the ball, e.g. bounce with the left hand and catch with the right; bounce with one hand and catch with two. After some time, invite pupils to practise from a standing position.



## Variations

- Invite pupils to count their catches for a set amount of time. If you miss the catch, start again.
- Drop the ball from face height and wait for it to bounce. Catch the ball before it hits the ground a second time. Practise catching with alternate hands, and both hands together.

## Equipment

A hard playing surface, balls of various sizes including tennis balls.



- Wait for the ball to reach its highest point before catching it.
- Keep arms close together and extend them towards the ball when the ball is dropping.
- Keep your eyes on the ball at all times.



- At home practise catching with various objects such as a rolled up pair of socks, a sponge, a teddy, a slotar, etc. Figure out what our fingers do during catching.



sú agus preab • scil láimhsithe • gabháil agus caitheamh • suite le cosa amach • liathróid a phreabadh • teorainn ama