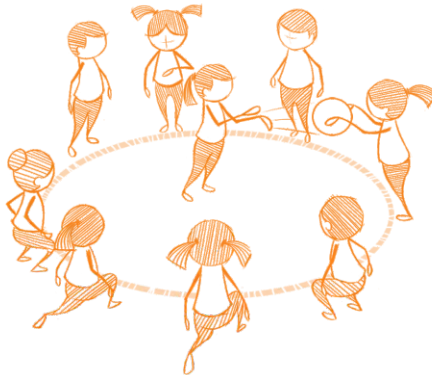


## Description of Activity

Arrange pupils in groups of eight and give each group a ball. Invite each group to make a circle with one pupil in the middle holding the ball. The middle pupil passes the ball to each of the other pupils in the circle in turn. Each pupil crouches down after passing the ball back to show that they have had a turn. When everyone except the middle pupil is crouched down, play is reversed so that every time a ball is caught pupils stand up again. When everyone is standing, a new pupil swaps into the middle and the game continues.



## Variations

- Roll the ball instead of throwing it.
- Encourage pupils to explore throwing in a variety of ways - chest pass, over-head, under-arm, bounce pass etc.
- Use different types of balls to throw and catch.
- Add a competitive element by inviting the groups to race against each other to complete the task.

## Equipment

An open playing area, medium sized balls (one per group of eight pupils)



- Ensure there is enough room for all groups to throw and catch safely.
- Encourage pupils to cushion the ball when catching.
- Encourage pupils to keep their hands in the ready position before catching the ball.



- Draw a picture of what your hand looks like when catching in your PE journal.



- liathróid a phasáil timpeall • dalta sa lár • crom síos • liathróid a ghabháil • seas suas