



ATHLETICS



GAMES



GYMNASTICS

Description of Activity

Arrange the pupils in pairs. Give each pair a ball and invite them find a space in the playing area. Invite pupils to begin rolling the ball back and forth to one another, using both hands, one hand and then alternate hands. After a set amount of time, provide a new instruction, such as:

- practise bouncing the balls back and forth, low down and high up
- practise underarm throwing, catching before the ball touches the ground
- perform ten throws without dropping the ball or as many throws as you can within thirty seconds.



Variations

- Increase the distance between pairs and repeat all of the above.
- Vary the manipulative skill used to move the object, eg. kicking, striking with an implement, striking with the hand etc.

Equipment

An indoor or outdoor hard surface area, balls of various sizes



- Ensure there is adequate space between the pairs to roll and throw safely, and that pairs are not throwing across the path of another pair.
- Pause the activity at intervals to focus on the specific teaching points for throwing in the lesson. Invite a pupil to demonstrate correct technique, and then return to the activity. Provide feedback to individual pupils as they practise throwing during the activity.
- Emphasise the importance of teamwork and cooperation - a good throw is necessary for a good catch!



- At home investigate ways of throwing the ball to a family member.



i mbeirteanna • liathróid a rolladh • lámh amháin • dhá lámh • liathróid a phreabadh • spás níos faide eadarthu