



ATHLETICS



GAMES

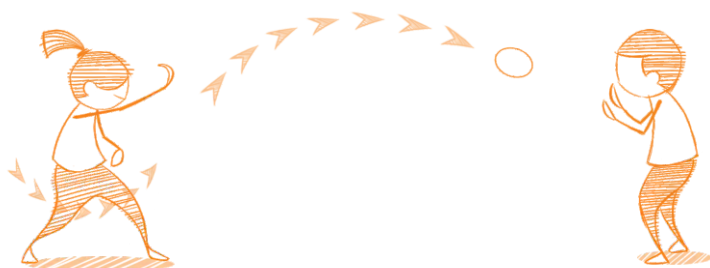


GYMNASTICS

Description of Activity

Arrange pupils in groups of three with one beanbag per group. Invite the groups to spread out and find a space in the playing area. Pupils practise throwing the beanbag to each other using the underarm technique. Invite them to throw in a variety of different ways e.g. high, low, fast, slowly etc.

Introduce throwing to a moving target: give each group a hoop. One pupil holds the hoop up and the other pupils throw the beanbag to each other through the hoop. The pupil holding the hoop can move towards the path of the beanbag to help the throwers to achieve the target.



Variations

- Invite pupils to use alternate hands for throwing and catching.
- Increase or decrease the distance between the pupils e.g. after five successful throws, one pupil takes a step backwards.
- Use a ball instead of a beanbag.

Equipment

An open playing area, beanbags, hoops,



- Ensure there is adequate space between the groups to throw safely, and that groups are not throwing across the path of another group.
- 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.



- Play this game at home with a friend in an open playing area.



i mbeirteanna • falla • caitheamh lámh in íoctar • ard • íseal • ag preabadh