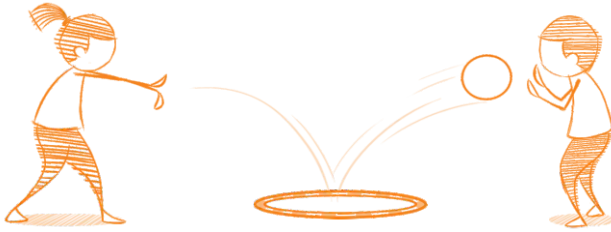


Description of Activity

Arrange pupils in pairs and give each pair a ball and a hoop. Invite pairs to find a space in the playing area, face each other and place the hoop on the floor in the middle. The first pupil bounces the ball into the hoop for their partner to catch. That pupil repeats the exercise by bouncing the ball in the hoop for the first pupil to catch.



Variations

- Arrange pupils in groups of four (two pairs) around one hoop. The pairs take it in turns to bounce the ball in the hoop. If the other pair does not catch the ball, the bouncers get one point. The winners are the first pair to reach five points.
- Increase or decrease the distance between the pupils and the hoop.
- Vary the type of ball used to bounce.
- Use spot markers instead of hoops. Pupils bounce the ball on the spot marker for their partner to catch.

Equipment

An open playing area, hoops, balls



- Ensure there is adequate space between the groups to roll and 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, allow the pupils to practise in pairs without the hoops, 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!



- Practise the bounce throw at home by bouncing a ball against a wall. Practise every day for one week.



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