

Description of Activity

Arrange pupils in groups of four. Give each pupil a beanbag and give each group a hoop. Invite the groups to find a space in the playing area and to place their hoop on the ground in the centre of the group. Pupils stand one metre back from their hoop and take turns to throw their beanbag into the hoop. If they are successful, they can take a step back and throw from there next time. If they are not successful, they have to try again from that distance. Pupils continue throwing to see how many steps away from their hoop they can get.



Variations

- If your space allows, this activity could be completed in pairs. Similarly it can be done in larger groups if space is limited.
- Each group could position the hoop at an angle against a wall, a fence or tall cone.

Equipment

An open playing area, hoops, beanbags



- Ensure there is adequate space between the groups to throw safely, and that groups are not throwing across the path of another group.
- For safety purposes, the first thrower cannot retrieve their beanbag until the last thrower has completed their throw.
- 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.



- Practise at home using other types of equipment (e.g. teddy bears, rolled up socks, buckets or boxes etc) and a box/basin. Investigate what might help you to get the object into the box.



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