



ATHLETICS



GAMES



GYMNASTICS

## Description of Activity

Arrange pupils in groups of four. Groups line up fifteen metres apart, either side of a line of skittle targets as shown. Groups take turns to roll a ball, trying to knock over a target in the middle. If a pupil successfully knocks over a skittle, they can claim this skittle and bring it over to their side. Continue playing until all of the skittles have been claimed.



## Variations

- Throw the ball instead of rolling it, ensuring it remains below knee or waist height.
- Increase or decrease the distance between opposing teams.
- Vary the size, shape and position of the skittle targets.
- Include more than one ball at a time.

## Equipment

An open playing area, balls of various sizes, cones, skittle targets (large cones, bowling skittles or water bottles)



- Ensure that there is an odd number of targets to decide a winner.
- Ensure each member of the group gets a turn to play.
- 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.



- Ask a grown-up to help you set up some targets at home and practise knocking them over from various distances.



dhá fhoireann • buidéal uisce • a leagadh • liathróid a rolladh • liathróid a chaitheamh • corruimhir • taobh thiar den líne