

## Description of Activity

Give each pupil a beanbag and invite them to find a space in the playing area where they are not in contact with anyone else. Pupils place the beanbag at their feet and pass or slide the beanbag from one foot to the other while standing in the same spot.



## Variations

- Encourage pupils to vary the distance between their feet.
- Complete the activity at varying heights, e.g. crouching down into a squat position, or standing tall on tippy toes.
- Attempt the activity with arms folded or behind their back. Discuss with pupils whether this makes the activity easier or more difficult.
- Invite pupils to move around the playing area as they pass the beanbag from foot to foot by walking, jogging, running or side stepping.

## Equipment

A hard playing surface, beanbags



- Encourage pupils to use the inside of the foot to strike the beanbag.
- Extend the arm opposite to the kicking leg for balance.
- Ensure pupils exercise caution when moving around the space, by keeping their eyes open and looking forwards in the direction they are travelling.
- Pause the activity at intervals to focus on the specific teaching points for kicking in the lesson.



- Practise kicking a rolled-up pair of socks from one foot to the other at home. Draw a picture of this in your PE journal.



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