

Description of Activity

Use cones to set up a defined rectangular playing area. Give each pupil a beanbag and invite them to find a space within the playing area. Pupils place the beanbag on their hand and extend their arm fully in front of their body. Invite pupils to walk around the playing area without touching any other pupils. Once this action is established and pupils are comfortable, invite pupils to bounce the beanbag lightly on their hand, firstly on the spot and then as they move around the space. Alternate the arms and repeat the activity.



Variations

- Allow pupils to practise this activity with the arm extended out to the side.
- Use a soft bouncy ball, a pompom or a tennis ball instead of a beanbag.
- Vary the locomotor skill used to travel around the area, e.g. run, hop, skip etc.
- Invite pupils to complete movement patterns such as: walk around in a circle, square, diamond shape, make a figure of eight as you walk, walk in a zigzag line

Equipment

An open playing area, beanbags



- **The arm and hand should remain rigid and extended with the beanbag strike no higher than six inches above the hand. Practise using both left and right hands.**
- **Encourage pupils to exercise caution when moving around the area to respect the efforts of others and to avoid collisions.**
- **Pause the activity at intervals to focus on the specific teaching points for striking with the hand in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individual pupils while they perform the striking action during the activity.**



- Practise this activity at home using a pair of rolled up socks.



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