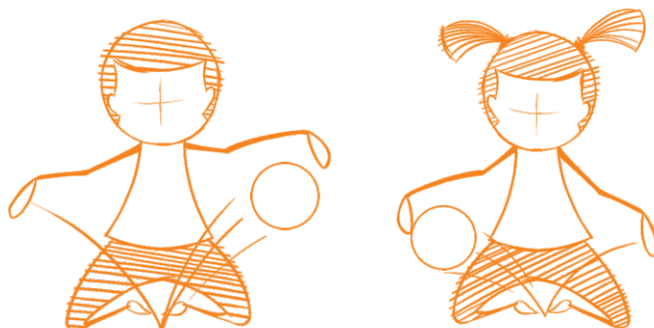


Description of Activity

Invite each pupil to find a space in the playing area and kneel or sit on the ground. Give each pupil a ball. Invite pupils to pass the ball from one hand to the other using an open hand striking action. Invite pupils to complete the same activity from a standing position. After a designated time, invite pupils to strike the ball downwards, so that it bounces back up off the ground, and strike it downwards again using the opposite hand. Continue this action for a designated period of time.



Variations

- Use balloons or beach balls instead of balls. It may be useful to use balloons if necessary.
- Arrange the pupils in pairs, and invite them to strike (bounce) the ball towards their partner, who strikes it back with alternate hands.
- Explore different ways of striking the ball, e.g. open hand, closed fist, with the back of the hand, etc.

Equipment

An indoor hard surface area, balls, (optional: balloons, beach balls)



- **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 individuals while they perform the striking action during the activity.**



- Practise striking with the hand at home using a balloon, a ball, or a rolled up pair of socks.



- liathróid an dalta • ar na glúine • liathróid a bhualadh • ó lámh amháin go lámh eile