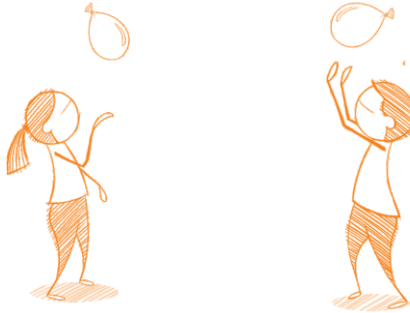


Description of Activity

Give each pupil a spot marker and invite pupils to find a space in the playing area. Each pupil places their spot marker on the floor and stands on it. Give each pupil a balloon, beachball or soft ball and encourage them to use the palms of their hands and fingertips to strike the balloon upwards into the air directly over their head. After each volley pupils catch the balloon and repeat the action. After a designated time, invite pupils to volley the balloon upwards repeatedly without catching.



Variations

- Arrange pupils in pairs and invite them to volley the balloon back and forth to each other.
- Arrange pupils in groups of four. Two pupils hold the end of a ribbon at chest height, and the other two pupils stand on opposite sides of the ribbon, volleying the balloon or ball over and back to each other above the ribbon. After a designated time, pupils swap roles and repeat the activity.

Equipment

An open playing area, spot markers, balls, balloons, beach balls, ribbons (optional)



- Ensure there are enough spare balloons prepared in case any of them burst. Blow them up in advance and store them in a large bin liner until they are being used. Allow pupils to bring the balloons home to practise.
- 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 a ball against a wall at home.



seasamh ar spota • balúin • a bhualadh suas san aer • é a bhualadh faoi dhó • scil a chleachtadh