

Description of Activity

Each pupil is given a unihoc stick and beanbags and invited to stand in a space in the playing area. Place the cones or spot markers randomly around the playing area. The teacher instructs the pupils to place their dominant writing hand at the top of the stick, the other hand below it further down the stick, and the beanbag on the ground beside them. Invite pupils to move freely around the playing area, dribbling the beanbag with the stick, keeping it as close to the implement as possible. When the pupil encounters a cone or marker they must stop the beanbag with the stick, turn and dribble in a different direction. On a signal, pupils must stop the beanbag and pass it to the pupil who is next to them.



Variations

- Vary the locomotor skill used to move e.g. skip, jump, walk, run etc.
- Vary the implement used to move the beanbag around the area, e.g. hurley, tennis racket etc.
- Introduce a ball instead of a beanbag.
- Include additional instruction such as dribble in a straight line, or in a curved or zig zag pattern, increase or decrease speed etc.

Equipment

An indoor or outdoor hard surface area, unihoc sticks, beanbags, cones or spot markers



- **Pause the activity at intervals to allow pupils to rest and stretch. Trap the beanbag underfoot, and reach the unihoc stick outwards in front of the body, then upwards over the head for a count of five.**
- **Pause the activity at intervals to focus on the specific teaching points for striking with an implement in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the striking action during the activity.**



- **Create a mini obstacle course at home and practise dribbling with a pair of socks.**



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