



Description of Activity

Arrange pupils in pairs and give each pair a ball and bat. Invite the pupils to find a space within the playing area. Pupil A must balance the ball on the bat from a standing position, and maintain control of it while following instructions from pupil B such as:

- jump your feet together
- jump your feet apart
- stand heel to toe
- stand on one leg
- stand on your heels
- stand on tippy toes
- hold the racket in one hand and rub your head with the other
- hop on one foot
- toss the ball in the air and catch it on the racket
- bounce the ball in the air five times and catch it in your hand.



After a designated amount of time, or five instructions from Pupil B, pupils swap roles and continue the activity.

Variations

- Vary the implement used, e.g. hurley, tennis racket etc.
- Vary the size of the ball, or use a beanbag.

Equipment

An indoor or outdoor hard surface area, bats or tennis rackets, balls of various sizes, beanbags



- Remind pupils to keep their eye on the ball to maintain control of it.
- Provide feedback to individuals while they perform the striking action during the activity.



- In your PE journal, draw a picture of you balancing a ball on a bat.



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