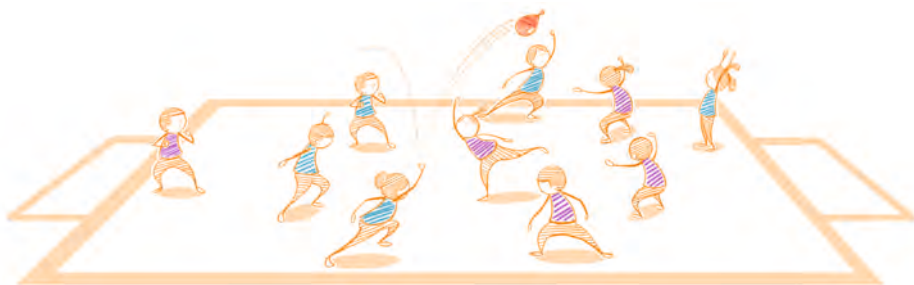


## Description of Activity

Use cones to set up multiple playing areas similar to soccer pitches. Arrange pupils in teams of four and allocate two teams to each playing area with a balloon or soft ball. Pupils must make three passes using a strike with the hand before they attempt to score in the opposing team's goal.



## Variations

- Incorporate more than one balloon or ball.
- Play with a goalkeeper and larger goal.
- To make the game more challenging, progress to dribbling a ball to move.
- Hang a hoop at each end of the playing area and invite pupils to score by striking the balloon or ball through the hoop.

## Equipment

An open playing area, cones or goals, balloons



- Ensure there is no tackling in the game setting. To gain possession pupils must intercept the ball or balloon in the air.
- Ensure the playing area is suitable for the number of pupils and that there is adequate space between pitches.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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 performing the striking action during the activity.



- Adapt a sports activity to practise striking with the hand. Play it in the yard with your friends.



- ar nós cluiche sacar • cóin • foirne de ceathrar • cúl báire • balúin a phasáil • bualadh le lámh



## Description of Activity

This game is a variation of cricket. Place two tall cones about ten metres apart in a large open playing area, one as the batting base, and the other as the first base (in the centre of the playing area). Arrange pupils in two teams, infielders and outfielders. To play the game the first infielder becomes the batter and stands at the batting base. They strike the ball with an open hand to the outfield. Depending on the pupil's skill level, they may choose to bounce and strike or throw in the air and strike. Once the first batter hits the ball, they must run and touch the other tall cone (first base) and make it back before the outfielders pick up the ball and touch it to the home base. If the batter makes it back they score a run for their team. After all infielders bat, teams switch roles.

If playing indoors, the aim for the outfielders is to hit the back wall of the hall with the ball before the batter reaches the batting base to prevent a run being scored.



## Variations

- Vary the type of ball being used - make it bigger, smaller or less bouncy depending on the skill level of the pupils.
- Vary the distance between the bases, e.g. a larger distance makes it harder for the batter.
- When playing indoors outfielders must pass the ball at least once before throwing it against the back wall.

## Equipment

An open playing area, tennis balls or soft balls, tall cones



- If space allows, set up multiple playing areas with approximately six on each team to ensure wait times are low and activity levels high.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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 performing the striking action during the activity.



- In your PE journal, draw a picture of you striking with the hand in this activity. Label the picture with the teaching points for striking with the hand.



cóin atá ard • daoradh slacála • ar an bhfód amuigh • isteach sa gharpháirc • liathróid a bhualadh • lámh a leagan ar



### Description of Activity

Arrange pupils in pairs (A and B), with a basketball or bouncy ball. Pupil A takes possession of the ball and pupil B stands behind them. On a signal, pupil A begins bouncing the ball. From this point onward pupil A is no longer permitted to catch the ball and must control it by bouncing it in front of their body. Pupil B attempts to touch the ball or knock it out of the possession of pupil A. Pupil A attempts to keep their body between the ball and pupil B in order to protect the ball and remain in possession for as long as possible. After a set period of time switch roles or allow pupils to swap roles after every interception.



### Variations

- Use alternate hands to bounce the ball.
- Use groups of three, with two pupils dribbling the ball and one trying to intercept.
- Arrange pupils in groups of five with a ball each. The aim is to remain in possession of your own ball while trying to dispossess others.

### Equipment

One ball per pair, hall or enclosed yard area



- Encourage pupils to maintain a strong, balanced body position over the ball while also discouraging any rough play, pushing or dragging.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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 performing the striking action during the activity.



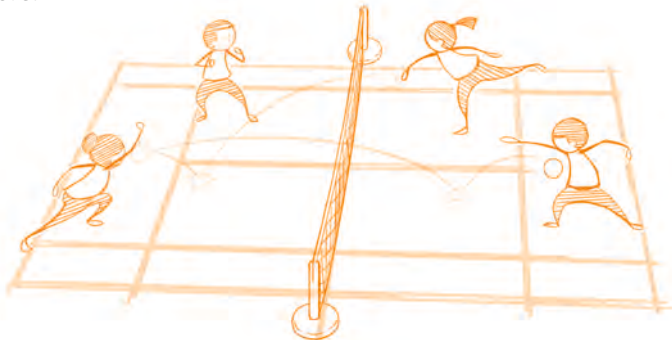
- Practise bouncing a ball at home. How many bounces can you complete in thirty seconds? Ask a friend or family member to time you.



- balún • taobh thair dá ndroim • balún a phreabadh ar a gceann • a smachtú • lámh a leagan ar

## Description of Activity

Arrange pupils in pairs. Set up multiple rectangular mini tennis courts in the playing area. Use a low net, rope, chalk line or line of cones as the halfway line. Allocate two pairs to each court with one light bouncy ball. The aim of the game is to maintain a rally for as long as possible by striking the ball back and forth over the net using the hand only. Pupils should count the overs and keep track of their highest score.



## Variations

- Increase or decrease the size of the court.
- Increase or decrease the number of pupils playing in each court.
- Add a bounce or two bounces and allow each team member to touch the ball once before it is returned.

## Equipment

A hard surfaced playing area, ropes, chalk or cones, light-weight balls

- Ensure there is adequate space between courts.
- It is useful to have a variety of different balls to suit the ability of individual groups.
- Rotate the teams regularly.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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 performing the striking action during the activity.



- Practise playing Over It Goes with a friend in the yard. Create some of your own additional rules or challenges for the game.



cúirt leadóige atá beag • dronuilleogach • líon • bualadh le lámh • babhta imeartha • a chomhaireamh

## Description of Activity

Use cones to set up a large defined playing area. Arrange pupils in pairs (A and B), with a ball per pair. Invite all pairs to position themselves outside the playing area. To begin the activity the teacher calls A or B. The pupil called becomes the attacker and dribbles the ball into the playing area. Once all attackers have had a chance to dribble around the area, the teacher calls 'defender'. The second pupil then enters the playing area, finds their partner and attempts to take possession of the ball. Repeat to ensure pupils have an opportunity in the role of attacker and defender.



## Variations

- This game can also be adapted to practise dribbling a football or dribbling with an implement.
- Progress the game using groups of four with two versus two, introducing throwing and catching.

## Equipment

An open playing area, cones, balls



- Ensure pupils have enough space in the playing area to move around safely. Consider setting up two or more playing areas if space allows.
- Rotate partners regularly, encouraging pupils to engage with pupils of varying ability.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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 performing the striking action during the activity.



- Name three sports in which striking with the hand is important. List them in your PE journal and draw the striking technique required for each one.



- i mbeirteanna • ionsaitheoir • cosainteoir • liathróid cispheile • uimhir • druibleáil • séideadh na feadóige • bualadh le lámh

## Description of Activity

Arrange pupils in groups of four, with one basketball or soft bouncy ball and one hoop per group. Pupils place the hoop on the ground between them, with one pupil as the attacker and the other three as defenders. To begin, the attacker bounces the basketball into the hoop. The aim for the other three pupils is to retrieve the ball and bounce it back into the hoop again before it touches the ground. To do this they attempt to control the ball by striking it to each other using their hand only (no catching) to get the ball within range to bounce into the hoop again. Each defender can only touch the ball once and the attacker scores a point if the ball is not successfully returned to the hoop. If the ball is successfully bounced back into the hoop, the pupil that makes the bounce becomes the attacker. Pupils will need to move around the hoop and react to a variety of bounces.



## Variations

- Introduce catching or allow two or more touches per defender to simplify the activity.
- Invite all four pupils to work together to maintain a rally for as long as possible.
- Play the game in pairs rather than fours.
- Place a trampette if available inside the hula hoop for added bounce.

## Equipment

An open playing area, basketballs or soft bouncy ball, hoops



- Ensure there is adequate space between groups.
- Encourage pupils to bounce the ball with enough force to reach hip height.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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 performing the striking action during the activity.



- Teamwork is important in this activity. In your PE journal list five important characteristics of teamwork.

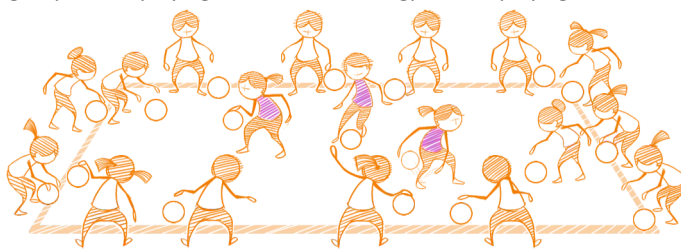


ceathrar • liathróid cispheile • fonsa • liathróid a phreabadh • bualadh le lámh



## Description of Activity

Arrange pupils in four groups, with a ball per pupil. Set up a large square playing area using cones, with a smaller square in the centre. Invite all pupils to stand around the perimeter. One group begin the game in the centre of the square in the role of Magpies. On a signal, all pupils begin bouncing their balls and move into the square. The aim of the game is for the Magpies to bounce and dribble their own ball within the playing area, whilst attempting to knock the other pupil's balls out of the playing area. If a pupil's ball leaves the square they must retrieve it and stand on the perimeter of the square for the remainder of the game. The winner is the last pupil in possession of their basketball. Change the group that is playing the role of the Magpies and play again.



## Variations

- Play for a set amount of time instead of continuing until there is only one winner, as the game tends to slow down with less players.
- Increase or decrease the size of the square and the number of pupils in the groups.
- Set a time limit to encourage pupils to attack.
- If space allows, set up two or more playing areas to reduce waiting time.

## Equipment

An open playing area, balls, cones



- It may be useful to set up a training area where pupils who are struggling to dribble the ball can practise if they leave the game early.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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 performing the striking action during the activity.



- Practise dribbling a ball at home. Set a target for how many bounces you should do with each hand before alternating. Set out obstacles to bounce around. Describe your practice in your PE journal.



cruth cearnóige • liathróid cispheile • liathróid a phreabadh • druibleáil • liathróidí eile a bhualadh • dalta deireanach



## Description of Activity

Use cones to set up a large rectangular playing area free of obstacles. Three pupils begin as the sharks and position themselves in the middle of the rectangle. All remaining pupils are the minnows and position themselves at one end of the playing area holding a ball. The aim of the game is for the minnows to dribble their ball to the other side while trying to avoid being tagged by a shark. If a minnow is tagged they become an octopus and must stop, place the basketball between their feet and hold their hands out to the side. Although an octopus cannot move, they can tag a minnow if they come close enough.



## Variations

- Increase or decrease the number of sharks to make the game easier or harder.
- Invite the octopus to dribble on the spot to practise their technique.
- Introduce a basket ring at either end. If a basket is scored by a minnow at the end of a run, all the octopus are free. In this case change the sharks regularly.

## Equipment

An open playing area, basketballs or bouncy balls, cones



- Discuss safe tagging with pupils and ensure balls remain between pupil's feet when they are tagged to prevent any tripping.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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 performing the striking action during the activity.



- Practise striking a ball against a wall at home using the hand. Draw targets and pin them to the wall. Invite a friend or family member to practise with you and give them feedback on the teaching points for striking with the hand.



- dronuilleog • triúr mar siorcanna • bodairlíni • liathróid cispheile • druibléail • octapas • liathróid idir na cosa • lámha sínte amach