

Description of Activity

Arrange pupils in relay teams of equal numbers. Each team has two unihoc sticks and one tennis ball or puck. Set up a relay lane for each team by placing cones three feet apart in a straight line. Invite all teams to line up behind their first cone. On the whistle, the first pupil from each team dribbles the ball/puck in and out through the cones using their unihoc stick. When they reach the last cone, invite each pupil to strike the ball/puck along the ground back to the next pupil on their team. Each pupil follows their pass, hands the unihoc stick to the next in line and rejoins their line. When each pupil has completed their attempt, the entire team must crouch down to show they are finished.



Variations

- Vary the equipment used depending on the space available, e.g. hurleys and sliotars on a large open grass playing area.
- Vary the rules of the game, e.g. each team must complete the course twice before crouching down to show they are finished.
- If space is limited, invite each pupil to dribble back down through the cones until they reach a half way mark before striking the ball to the next pupil.

Equipment

Large playing area, unihoc sticks, tennis balls or unihoc pucks, cones



- Ensure there is enough space in each lane to allow the pupil to strike the ball and for that pupil to run back to their line without getting in the way of the next pupil or another team.
- If space allows, set up more lanes and arrange pupils in smaller groups to provide greater opportunity for engagement.
- Pause the activity at intervals to focus on the 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 performing the striking action during the activity.



- Practise striking a ball against a wall home, using an implement such as a bat, tennis racket or hurley, etc.

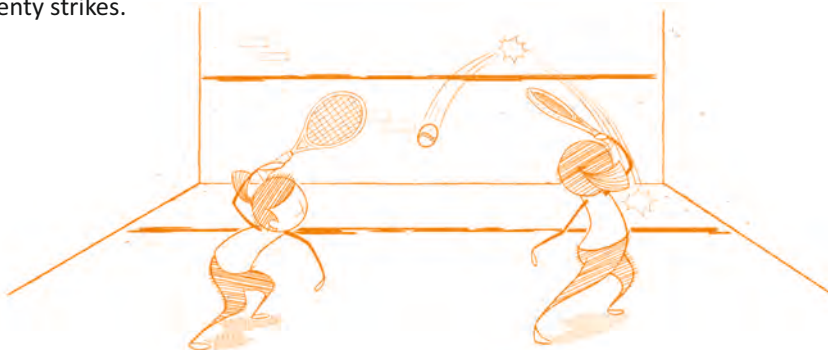


ceathrar • maide haca • camán • triúr os a gcomhair • liathróid a rolladh • liathróid a bhualadh



Description of Activity

Arrange pupils in pairs with a bat or racket each. Use tape or chalk to draw a line one metre off the ground along a wall or fence. Draw a second line on the ground one metre from the fence or wall indicating a 'no volley zone'. The aim of the game is to hit the ball at the wall above the line for their opponent to return. Invite each pair to play a rally, hitting the ball before or after one bounce. A pupil is not permitted to enter the 'no volley zone'. Invite pupils to play for a set amount of time, or challenge them to work together to reach a target, e.g. a rally of twenty strikes.



Variations

- Vary the rules, e.g. make it competitive by introducing a scoring system between partners.
- It may be useful to set up a square using cones for pupils to play in, limiting the amount of space used and to separate pairs from each other.
- Vary the implement, e.g. racket (small or large), bat, hurley etc.

Equipment

Large hard surface playing area with a wall or hard fence, rackets or bats, balls, tape or chalk



- **Pause the activity at intervals to focus on the 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 performing the striking action during the activity.**



- **Striking a ball while it is moving through the air requires good hand-eye coordination. Draw a picture of this activity in your PE journal showing good striking action and hand eye coordination.**



- **i mbeirteanna • líne chríche • zón saor ó bhuille eitleoige • liathróid a bhualadh • babhta imeartha • preab amháin**



Description of Activity

Arrange pupils in groups of five with a bat and a ball per group. The pupil with the bat stands in the centre of a circle made by the other pupils. The pupil with the ball bowls or throws the ball underarm to the batter trying to hit them on the legs. The batter must keep their legs still while the ball is being thrown. The aim of the game is for the batter to protect their body with the bat or hurley. If the batter hits the ball, the fielding pupil (pupil who catches the ball) is the next to bowl. The batter has a maximum of five turns. If the bowler is successful in hitting the batter on the legs, the bowler becomes the batter.



Variations

- Vary the size of the circle.
- Use soft balls if safety is a concern and encourage the batter to not hit the ball hard.
- Rotate the role of batter to ensure everyone gets a turn.

Equipment

A large open playing area or hall, bat or hurley, small soft balls



- The batter should keep their eyes on the ball throughout the striking action.
- Provide each pupil in the circle with a ball and invite them to bowl to the batter in turn. Ensure the batter turns quickly to face the next bowler.
- Pause the activity at intervals to focus on the 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 performing the striking action during the activity.



- Striking an object that is travelling at speed is challenging. Practise the skill at home with a friend.



cúigear nó seisear • maide • liathróid • ciorcal • sa lár • corp a chosaint • a bhualadh

Description of Activity

Arrange pupils in groups of five. Use cones to set up two squares for each group, and position each square five metres apart.

Invite a pupil to stand in each square holding a racket and ball, a third pupil is the designated referee and the other two pupils wait, queueing to enter the game. The pupil with the ball drop serves to their opponent's court and the opponent plays it back after one bounce. A player who misses the ball or misses their opponent's square places the racket on the ground, leaves the playing area and joins the waiting queue. The referee picks up the racket and joins the game, serving to get play underway again. The next waiting pupil then becomes the referee. Pupils continuously rotate through the positions to keep the game going.



Variations

- Increase or decrease the size of the squares and the distance between the squares.
- Allow additional pupils to play in each square, e.g. doubles.
- Vary the manipulative skill used to play the game, e.g. striking with the hand or kicking.

Equipment

An open hard surface playing area, rackets, balls, cones



- Discuss the role of the referee with pupils, encouraging fair play and sportsmanship.
- Pause the activity at intervals to focus on the 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 performing the striking action during the activity.



- The referee plays an important role in this game and in many sports. In your PE journal list five reasons why it is necessary or important to have a referee.



cúigear • dhá chearnóg • réiteoir • freastal • preabadh amháin • raicéad



Description of Activity

Arrange pupils in groups of six with one implement and one ball each. Use cones to set up a square playing area for each group. The aim of the game is to dribble around the square, keeping control of your ball, while attempting to dispossess other pupils and strike their ball out of the square. If a pupil's ball is knocked outside the square, they must retrieve their ball and leave the square until the next game commences. The winners are the last two pupils left in possession of their balls. Rotate pupils to a new group regularly.



Variations

- On a signal, pupils must leave their own ball and find another and continue.
- Increase or decrease the size of the playing area.
- Invite pupils that lose a ball to retrieve it and practise while waiting for the next game by dribbling around the playing area.

Equipment

Hall or hard surface playing area, unihoc sticks or hurleys, small balls, cones or spot markers



- **Pause the activity at intervals to focus on the 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 performing the striking action during the activity.**



- **Set up an obstacle course that you can dribble a ball around using a hurley or other implement at home. Invite a friend or family member to practise with you. Draw the course in your PE journal.**



seisear • lastuigh den cearnóg • druibleáil • smacht ar an liathróid • liathróidí eile a bhualadh • beirt fágtha • buaiteoirí

Description of Activity

Arrange pupils in groups of ten. Use cones to set up a large square playing area for each group. Invite five pupils to stand in this square as the fielders. The five remaining pupils (the batters) position themselves behind a cone twenty metres away. A bowler from the batting team throws a ball to the first batter. The batter attempts to strike the ball into the opponent's square in an attempt to score a point. The batting team score if the ball hits the ground. If the batter misses the court or if the ball is caught, the fielding team score a point. The batting team continue hitting in rotation until each pupil has had two turns. Switch roles and repeat the activity.



Variations

- Introduce a variety of rules, e.g. score two points for a catch and one point for a catch after one bounce.
- Vary the equipment used, e.g. badminton racket and a shuttlecock for indoor activity, or a tennis racket and ball, etc.

Equipment

An open playing area, rackets, balls, cones



- Remind pupils to focus on accuracy rather than force when striking the ball.
- Remind the bowler to duck and move out of the way to avoid being struck by the ball.
- Pause the activity at intervals to focus on the 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 performing the striking action during the activity.



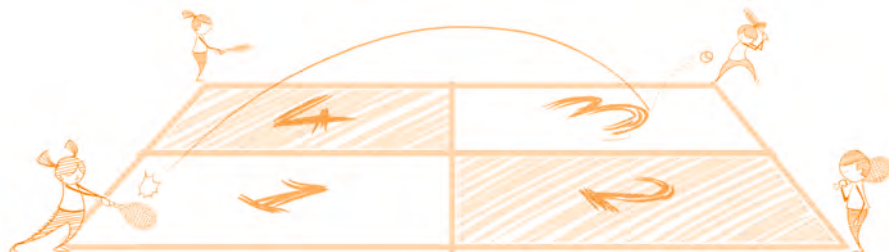
- Practise striking a ball towards a given target at home. Invite a friend or family member to practise with you, and set up targets around your playing area.



- deich ndalta • cúigear sa chearnóg • babhlálaí • slacaí • liathróid a bhualadh
• má thiteann sé ar an dtalamh

Description of Activity

Arrange pupils in groups of six. Set out a large square playing area for each group, divided into four mini-squares numbered one to four. Four pupils have a racket and stand in each section of the square, with the remaining pupils lined up outside. The pupil in square one begins with the ball and strikes it to any other mini-section of the square. The next pupil lets the ball bounce in their section and strikes it to another section. This process continues. If a pupil misses the ball or fails to land it in a section they hand the racket to one of the players in waiting who serves to start the game again. The ball must be hit upwards at all times.



Variations

- Practice striking with the hand by introducing a large soft ball.
- Increase or decrease the size of the playing area.
- If space and equipment allows, play in groups of four continually for a specified time allocation, instead of having pupils waiting in line.
- Vary the implement used to strike the ball.

Equipment

A large hard surface playing area, rackets, balls, cones



- Pause the activity at intervals to focus on the 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 performing the striking action during the activity.



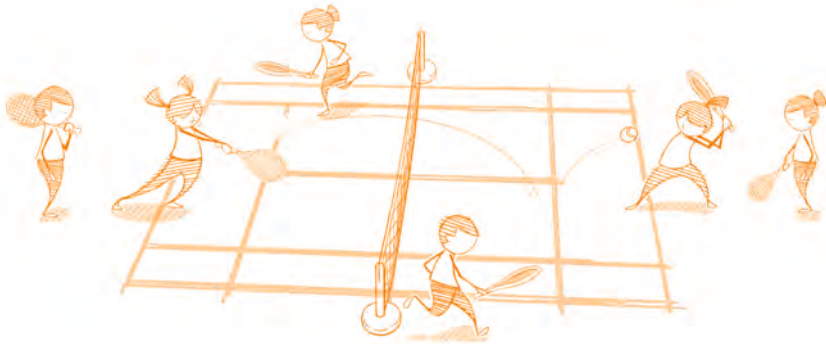
- Design a striking game that uses numbers. Draw the game in your PE journal and play it with your friends in the yard.



seisear • ceithre cearnóga • raicéad • liathróid a bhualadh • babhta imeartha

Description of Activity

Arrange pupils in groups of six. Use cones to set up a rectangular court for each group with a net or cones to represent the halfway line. Invite three pupils to stand on either side of each court. The first pupil serves the shuttlecock to the opposing half of the court. When they have struck the shuttlecock they exit the court on the right hand side and join the line at the other end. The pupil who receives the shuttlecock returns it and repeats the same process. This rotation continues in an attempt to maintain a rally for as long as possible.



Variations

- Vary the equipment used, e.g. hurleys and sliotars on a grass playing area.
- Vary the rules of the game, e.g. each pupil takes two turns before moving to the other end of the court.

Equipment

Indoor playing area, badminton rackets, shuttlecocks, cones, net



- If equipment is limited, set up a number of courts that utilise different striking implements. After a set amount of time, pupils rotate to the next court to practise striking with a different implement.
- Pause the activity at intervals to focus on the 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 performing the striking action during the activity.



- Change a kicking or striking with the hand game to practise striking with an implement. Describe the changes you made in your PE journal. Practise the activity in the yard with your friends.



cúirt dronuilleogach • seisear • eiteán a bhualadh • babhta imeartha