



## Description of Activity

Arrange pupils in pairs (A and B), with two beanbags per pair. The pair stand facing each other, one metre apart, with pupil A holding a beanbag in each hand at eye level. Pupil A drops one of the beanbags at a time of their choosing. Pupil B must wait with their hands on their hips until a beanbag is dropped and try to catch it before it hits the floor.



## Variations

- Pupil A drops two different coloured beanbags and nominates which colour should be caught.
- Vary the height from which the beanbag is dropped.
- Pupil A stands behind the catcher on a bench and drops a beanbag from above the catcher's head to fall in front of their face. With hands on their hips, the catcher looks forwards and catches the beanbag as it comes into view.

## Equipment

An open playing area, beanbags



- To increase or decrease the difficulty use tennis balls or soft balls.
- Ensure each pair have adequate space.
- Pause the activity at intervals to focus on the teaching points for catching 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 catching action during the activity.



- Reaction time is central to this activity. In your PE journal, design a game that could help develop reaction time.



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