



## Description of Activity

Arrange pupils in two even groups. Invite each group to form a circle (one large and one smaller inside it). Each pupil in the inner circle starts with a ball, facing an outer circle pupil. Those in the inner circle underarm throw the ball to the pupil directly opposite them in the outer circle. The inner circle pupil side steps immediately to the right to receive a throw from the next person in the outer circle.

Pupils continue throwing to each other while the inner pupils continue to rotate. The teacher may choose to maintain the same throwing/rotating order or alternate it.



## Variations

- Vary the method of passing the ball, e.g. overarm throw, underarm throw, kick pass, etc.
- If pupils are unable to throw at the same time, or end up waiting, allocate fewer people to the inner circle compared to the outer circle.
- Vary the distance between the circles depending on skill level.

## Equipment

Open playing area, one ball for every two pupils



- Encourage pupils to keep their head up and eyes open to anticipate the catch.
- Encourage pupils to call the name of the person to whom they are passing to avoid confusion.



- Practise throwing and catching balls of various sizes off a wall at home.



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