



Description of Activity

Use cones to set up a square (ten metres by ten metres). Arrange pupils in two groups and invite them to find a space within the square. The aim of the activity is to throw the ball to a teammate and if it is caught successfully, then the thrower leaves the field of play. Play continues uninterrupted. The aim is to have one pupil left on the field who throws to the referee to win the activity. If the ball breaks loose then play continues once a group regains possession. Pupils may only take one step with the ball in hand. To intercept the ball, pupils can block it but may not tackle physically. Repeat the activity for a set amount of time.



Variations

- Apply the activity to sports such as basketball, football or handball.
- Increase or decrease the size of the square.
- Vary the locomotor skill used to travel around the square, e.g. skipping, hopping etc.

Equipment

An open playing area, one ball, cones, bibs



- Generally, more able pupils are successful early in the activity and as they leave the square it provides more opportunities and activity time for other pupils.
- Set up multiple squares for large class sizes.



- At home, practise catching at different speeds by throwing a ball fast and slowly against a wall.



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