

Description of Activity

Arrange pupils in pairs with one ball per pair. Invite all pairs to stand in two parallel rows, facing each other five metres apart. Pairs must take turns thinking of a challenging throw and/or catch to practise with their partner. Once the entire group has practised one idea, the next pair can think of a challenge. Encourage creative ideas and allow pupils time to discuss and come up with their challenge.

Throwing and catching ideas may include:

Catch the ball between your legs, throw the ball with your non-dominant hand, throw the ball underhand as high as possible to your partner, pass the ball backwards, pass the ball as low as possible without touching the ground, one handed catch, etc.



Variations

- Vary the size of the ball used. Smaller balls will increase the difficulty of catching, however, they are better for learning correct technique.
- Introduce tagging. On a signal the pupil in possession of the ball at that moment must evade their partner who becomes the tagger.
- Combine two pairs to make a group of four. These groups come up with a catching challenge and present it to the whole class to try.

Equipment

An open playing area, balls of various sizes (one per pair)



- Learning the basics of catching is critical in many activities and is a prerequisite to throwing. When teaching the skill of catching do not focus on the teaching points of throwing.
- Ensure adequate space between pairs.
- 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.



- Practise catching at home with a friend or family member.



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