

Description of Activity

Invite pupils to form a circle. Each pupil should be a little less than arm's distance apart lying on their backs with their feet pointed towards the centre of the circle. Give a ball to two pupils on either side of the circle. Invite pupils to hand the ball to the person on their left (always starting clockwise) as quickly as possible. At any stage the teacher can call 'wrong way', at which point pupils change the direction of the pass.

If the teacher calls 'abandon ship' the two pupils with the balls stand up and run as quickly as possible to switch spots and then resume passing.



Variations

- Introduce more balls to the circle.
- Make the circle bigger, spread out more and sit up or stand up to throw further.
- Increase or decrease the size of the circle.
- Invite pupils to carefully throw the ball high enough in the air so the pupil beside them has an opportunity to catch it.

Equipment

A playing area, two balls



- Always continue to pass the ball in the same direction unless the teacher calls 'wrong way'.
- 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.



- When you go home tonight ask a family member or friend to throw different sized balls to you. In your PE journal, write down any differences you encounter when catching balls of different sizes. Which is most challenging, which is easiest and why?



- i gciorca! • ag luí ar a ndroim • liathróid • treo mícheart • liathróid a ghabháil • long a thréigean