

Description of Activity

Arrange pupils in pairs (A and B) and allocate three metres of wall to each pair. Pupil A performs the activity while pupil B counts for them. The aim of the activity is to throw a tennis ball against the wall and catch it to complete the following challenges.

- 7: throw a tennis ball against the wall and catch it seven times.
- 6: throw the ball so that it first hits the ground then the wall and catch it six times.
- 5: bounce the ball five times on the ground without stopping.
- 4: hold your leg up and throw the ball underneath so it bounces off the wall and catch it four times.
- 3: throw the ball against the wall and as it comes back pat-bounce it three times. Repeat three times.
- 2: throw the ball and clap in front, behind and in front again before re-catching. Repeat twice.
- 1: throw the ball, turn a full circle and catch the ball.

Each time a pupil drops the ball or completes the wrong sequence it is their partner's turn. Pupils take up where they left off on the next attempt.



Variations

- After successfully completing the entire sequence from seven down to one, attempt the sequence from one up to seven.
- Invite pupils to use their non-dominant hand only.
- Invite pupils to work cooperatively taking every second turn.
- Invite pupils to invent their own challenges if some prove difficult.

Equipment

Tennis balls, wall



- Read through the list with pupils in class so they are familiar with the sequence.
- Print one copy of the list for each pair.



- Show a family member how to play this game at home. Write the instructions down in your PE journal.



- liathróid leadóige a chaitheamh • liathróid a ghabháil • liathróid a phreabadh
- i gcoinne an falla • bualadh bos • casadh timpeall