

Description of Activity

Arrange pupils in two teams and divide the hall in half with cones. A bench is placed at either end of the hall. To play the game, pupils throw a ball and attempt to strike pupils on the other team below hip height. The ball cannot bounce first. If a player is hit they must stand on the bench at the back of the opposition's zone. Tagged pupils can be set free if a teammate throws a ball to them and they catch it successfully.

Pupils are not permitted to block a ball thrown at them but must catch it cleanly or dodge it.

A no-go zone is created around the bench to prevent pupils intercepting passes to free teammates (but balls may be retrieved from this area when necessary).



Variations

- Invite pupils to maintain a single leg balance while on the bench.
- Introduce a penalty system for pupils before standing on the bench, e.g. ten star jumps.

Equipment

An indoor playing area, cones, two benches, soft bouncy balls



- Ensure pupils throw low to strike the legs of the opposition.
- Pause the activity at intervals to focus on the teaching points for throwing 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 performing the throwing action during the activity.



- Throwing over distance requires more force. Practise throwing as far as possible with a friend or family member at home. Use a variety of different types of throwing techniques.



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