



## Description of Activity

Use cones to set up a large rectangular playing area. Select three pupils to be throwers. Throwers position themselves in a small square in the middle of the playing area, with a ball each and a bucket of spare balls to throw to pupils who are tagged. The rest of the class spread out around the playing area. On a signal, the throwers can throw their ball, aiming to hit the other pupils below the waist. If a pupil is hit by a ball, they must freeze on the spot. Throwers can now pass a ball to the frozen pupils, who can then help in attempting to tag the remaining pupils. Frozen pupils are freed if they manage to tag someone else. Rotate the role of tagger regularly.



## Variations

- Increase or decrease the number of throwers depending on how the game is progressing. It may also be useful to add more balls to keep the game intensity high.
- Increase or decrease the size of the playing area if necessary.

## Equipment

An open playing area, foam balls or soft dodge balls



- Allow one thrower to leave the square to gather loose balls if necessary.
- Ensure that balls are thrown downwards towards the ground at all times.
- Change the throwers regularly to give every pupil a chance to throw.
- 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.



- Practise throwing a ball at a wall, varying the distance from the wall each time you throw. In your PE journal, note three things you notice when the distance to the wall changes.



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