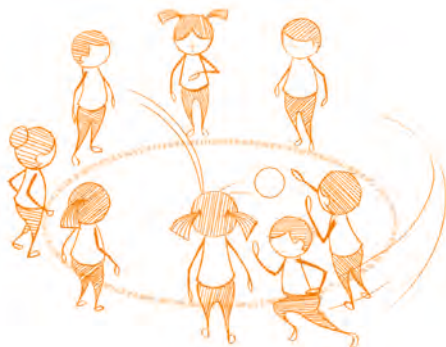


## Description of Activity

Arrange pupils in groups of eight, standing in a circle, arms distance apart, with one ball per group. Each pupil in the circle identifies one other pupil to whom they will pass, ensuring everyone is included in the pattern. One pupil begins with the ball. Once they make their pass they run around the outside of the circle in a clockwise direction and back to their original spot. The pupil who receives the catch repeats the process and play continues until everyone makes a pass.

If the ball is dropped, then the person whose turn it would be to pass next, picks it up and play continues from there. Repeat until everyone has had a turn, and then reverse the pattern.



## Variations

- Challenge pupils to count how many cycles they can do without dropping the ball.
- Introduce a competitive element between groups, e.g. see which group finishes two cycles first.
- Vary the type or size of the ball.
- Invite pupils to follow their pass by crossing inside the circle.
- Increase or decrease the size of the circle, or change the manipulative skill to kicking or striking with the hand.

## Equipment

An open playing area, one ball per group



- **Ensure pupils first become comfortable throwing in the circle without any running until familiar with the pattern.**
- **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.**



- **Adapt a kicking game you play, by replacing kicking with throwing. Draw the variation in your PE journal and play it with your friends in the yard.**



ochtar • pas a thabhairt • caitheamh • rith timpeall • deiseal • ar ais go dtí a n-áit