



## Description of Activity

Use cones to set up a rectangular playing area with a square at either end. Arrange pupils in two teams. One pupil from each team (the scout), positions themselves inside the square in the opposition's end of the playing area and cannot move outside it. The aim is to pass the ball around, working it into opposition territory until close enough to pass the ball to the scout in the square. Only the scout can stand in the square. If the scout catches the ball, it counts as a score and the thrower joins them in the square. The team with the most players in their square at the end of a predetermined time wins.



## Variations

- Increase or decrease the number of pupils per game and the size of the playing area.
- Introduce rules such as 'make five passes before scoring' or 'every teammate must get a pass before scoring' to ensure as many pupils as possible are involved.
- Vary the locomotor skill used to move around the area, e.g. skipping or side stepping only.

## Equipment

An open playing area, cones, balls



- **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.**



- **At home play a game of throw and catch with a friend or family member. Count how many times you can throw the ball without dropping it.**



- **cóin • áit súgartha dronuilleogach • gasóg • dhá fhoireann • pasanna a thabhairt • breith ar an liathróid • méid is mó imreoirí**