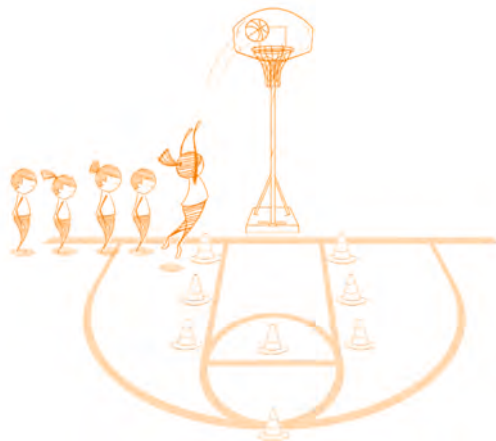




Description of Activity

Arrange pupils in groups of five. A station is created for each basketball hoop available with cones placed at various distances from the hoop. Pupils take turns trying to throw the ball into the hoop from the first marker. If they are successful they throw from a more difficult position on their next attempt (marker two) and continue until they reach the three point throw line (marker eight).



Variations

- If a pupil scores they move to the next cone, however, if they miss they go back a cone.
- Change the height of the hoop if portable basketball nets are available.
- Vary the type of ball used, e.g. basketball, football, tennis ball.
- Develop the activity into two vs two or three vs three basketball.

Equipment

Basketballs, basketball hoop or paper targets



- If basketball hoops are unavailable, stick paper targets on the walls or set up boxes or hoops at a height for pupils to throw into.
- 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, teach a family member or friend the teaching points of throwing. Practise throwing with them every day for one week and give them feedback at the end of the week.



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