



Description of Activity

This game is a variation of cricket. Place two tall cones about ten metres apart in a large open playing area, one as the batting base, and the other as the first base (in the centre of the playing area). Arrange pupils in two teams, infielders and outfielders. To play the game the first infielder becomes the batter and stands at the batting base. They strike the ball with an open hand to the outfield. Depending on the pupil's skill level, they may choose to bounce and strike or throw in the air and strike. Once the first batter hits the ball, they must run and touch the other tall cone (first base) and make it back before the outfielders pick up the ball and touch it to the home base. If the batter makes it back they score a run for their team. After all infielders bat, teams switch roles.

If playing indoors, the aim for the outfielders is to hit the back wall of the hall with the ball before the batter reaches the batting base to prevent a run being scored.



Variations

- Vary the type of ball being used - make it bigger, smaller or less bouncy depending on the skill level of the pupils.
- Vary the distance between the bases, e.g. a larger distance makes it harder for the batter.
- When playing indoors outfielders must pass the ball at least once before throwing it against the back wall.

Equipment

An open playing area, tennis balls or soft balls, tall cones



- If space allows, set up multiple playing areas with approximately six on each team to ensure wait times are low and activity levels high.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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 striking action during the activity.



- In your PE journal, draw a picture of you striking with the hand in this activity. Label the picture with the teaching points for striking with the hand.



cóin atá ard • daoradh slacála • ar an bhfód amuigh • isteach sa gharpháirc • liathróid a bhualadh • lámh a leagan ar