

## Description of Activity

Arrange pupils in groups of four, with one basketball or soft bouncy ball and one hoop per group. Pupils place the hoop on the ground between them, with one pupil as the attacker and the other three as defenders. To begin, the attacker bounces the basketball into the hoop. The aim for the other three pupils is to retrieve the ball and bounce it back into the hoop again before it touches the ground. To do this they attempt to control the ball by striking it to each other using their hand only (no catching) to get the ball within range to bounce into the hoop again. Each defender can only touch the ball once and the attacker scores a point if the ball is not successfully returned to the hoop. If the ball is successfully bounced back into the hoop, the pupil that makes the bounce becomes the attacker. Pupils will need to move around the hoop and react to a variety of bounces.



## Variations

- Introduce catching or allow two or more touches per defender to simplify the activity.
- Invite all four pupils to work together to maintain a rally for as long as possible.
- Play the game in pairs rather than fours.
- Place a trampette if available inside the hula hoop for added bounce.

## Equipment

An open playing area, basketballs or soft bouncy ball, hoops

- Ensure there is adequate space between groups.
- Encourage pupils to bounce the ball with enough force to reach hip height.
- 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.



- Teamwork is important in this activity. In your PE journal list five important characteristics of teamwork.



- ceathrar • liathróid cispheile • fonsa • liathróid a phreabadh • bualadh le lámh