



Description of Activity

Use cones to set up a large rectangular playing area free of obstacles. Three pupils begin as the sharks and position themselves in the middle of the rectangle. All remaining pupils are the minnows and position themselves at one end of the playing area holding a ball. The aim of the game is for the minnows to dribble their ball to the other side while trying to avoid being tagged by a shark. If a minnow is tagged they become an octopus and must stop, place the basketball between their feet and hold their hands out to the side. Although an octopus cannot move, they can tag a minnow if they come close enough.



Variations

- Increase or decrease the number of sharks to make the game easier or harder.
- Invite the octopus to dribble on the spot to practise their technique.
- Introduce a basket ring at either end. If a basket is scored by a minnow at the end of a run, all the octopus are free. In this case change the sharks regularly.

Equipment

An open playing area, basketballs or bouncy balls, cones



- Discuss safe tagging with pupils and ensure balls remain between pupil's feet when they are tagged to prevent any tripping.
- 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.



- Practise striking a ball against a wall at home using the hand. Draw targets and pin them to the wall. Invite a friend or family member to practise with you and give them feedback on the teaching points for striking with the hand.



- dronuilleog • triúr mar siorcanna • bodairlíni • liathróid cispheile • druibleáil • octapas • liathróid idir na cosa • lámha sínte amach