

Description of Activity

Arrange pupils in groups of ten. Use cones to set up a large square playing area for each group. Invite five pupils to stand in this square as the fielders. The five remaining pupils (the batters) position themselves behind a cone twenty metres away. A bowler from the batting team throws a ball to the first batter. The batter attempts to strike the ball into the opponent's square in an attempt to score a point. The batting team score if the ball hits the ground. If the batter misses the court or if the ball is caught, the fielding team score a point. The batting team continue hitting in rotation until each pupil has had two turns. Switch roles and repeat the activity.



Variations

- Introduce a variety of rules, e.g. score two points for a catch and one point for a catch after one bounce.
- Vary the equipment used, e.g. badminton racket and a shuttlecock for indoor activity, or a tennis racket and ball, etc.

Equipment

An open playing area, rackets, balls, cones



- Remind pupils to focus on accuracy rather than force when striking the ball.
- Remind the bowler to duck and move out of the way to avoid being struck by the ball.
- Pause the activity at intervals to focus on the teaching points for striking with an implement 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 towards a given target at home. Invite a friend or family member to practise with you, and set up targets around your playing area.



- deich ndalta • cúigear sa chearnóg • babhlálaí • slacaí • liathróid a bhualadh
• má thiteann sé ar an dtalamh