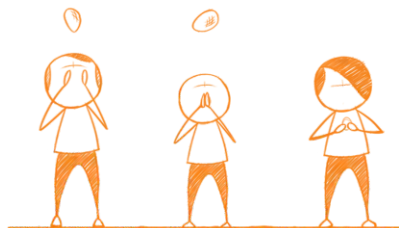


Description of Activity

Invite pupils to find a space in the playing area where they are not in contact with anyone else. Give each pupil a beanbag and invite them to practise throwing it up in the air and catching it while standing still. Include some of the following challenges:

- How many catches can you count before the beanbag drops?
- Can you clap before catching the beanbag?
- Can you clap under your leg before catching the beanbag?
- Can you turn around before catching the beanbag?

Invite pupils to walk around, still throwing the beanbag up in the air and catching it. Pupils count how many catches they complete while walking. Continue to provide instructions for challenges before the catch such as clap hands, click fingers, touch the ground, turn around etc.



Variations

- Use a ball instead of a beanbag.
- Complete the activity only while standing still, or while sitting.
- If the playing area is limited arrange the class in two groups, with one group catching on the move as the other group catches while standing still.

Equipment

An open playing area, beanbags (one per pupil)



- Ensure the playing area is open and free of obstruction.
- Encourage pupils to exercise caution and to look where they are going when walking and catching.
- Ensure pupils have their hands out in front of them in a good catching position.



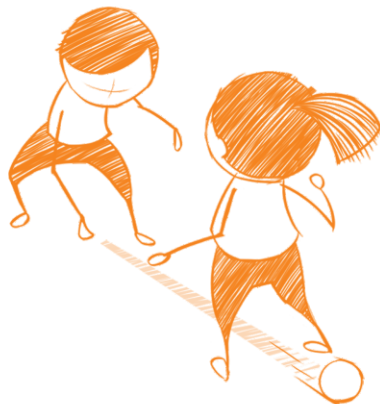
- Practise this activity at home using a rolled up pair of socks, on your own or with a friend or family member.



an féidir leat í a ghabháil? • gabháil agus caitheamh • málaí pónairí • bualadh bos • Gabh é/í • Comhairigh

Description of Activity

Arrange pupils in pairs and invite them to find a space in the playing area where they are not in contact with any other pair. Pupil A stands one metre behind pupil B, both facing in the same direction. Pupil A rolls a tennis ball under pupil B's legs. Pupil B must react quickly to retrieve the ball. Pupil B returns the ball to pupil A who repeats the activity five times before swapping over the roles and playing again.



Variations

- To simplify the activity, begin with beanbags and to increase the difficulty of the activity progress to footballs.
- Invite pupil A to bounce the ball between the legs of pupil B instead of rolling it. Pupil B must try to catch it before it bounces a second time.

Equipment

An open playing area, tennis balls, bean bags, footballs, cones



- Ensure pupils are not rolling the ball across the path of another pair.
- Encourage the catcher to face forward and not to preempt the throw.
- Encourage pupils not to roll the ball too far away (no more than three metres).
- Pause the activity at intervals to focus on the specific teaching points for catching in the lesson. Provide feedback to individuals while they are catching during the activity.



- Practise catching at home by bouncing a ball against a wall and catching it before it bounces a second time.



freagair • scil láimhsithe • féinghluaiseacht • ag caitheamh • i mbeirteanna • taobh thiar • treo céanna • liathróid a rolladh • breith ar an liathróid

Description of Activity

Arrange pupils in pairs, pupil A and pupil B. Line all pairs up along the edge of the playing area, all facing in the same direction into the playing area. Pupil A stands behind pupil B and throws the ball over their shoulder. Pupil B must try to catch it before it bounces a second time. When pupil B has caught the ball, they return it to pupil A who repeats the activity five times. Pupils then swap roles and play again.



Variations

- Arrange pupils in groups of three, with pupil A standing behind the other two pupils. The two pupils must now compete to catch the ball after pupil A has thrown it over them.
- Throw a reaction ball instead of a tennis ball.
- Use a variety of balls of different sizes and shapes.

Equipment

A hard playing surface, tennis balls, reaction balls, cones



- Encourage the catcher to face forward and not to preempt the throw.
- Remind pupils to keep their eye focused on the ball as the bounce is unpredictable.
- Encourage the throwers not to throw the ball too far away from the catchers.



- At home, use a ball or beanbag to practise catching on the spot. Throw the ball high up above you and catch it when it comes back down, without letting it bounce.



an treo céanna • freagair • tar éis preabadh na liathróide

Description of Activity

Pupils sit cross legged on the floor with a ball each. Invite them to explore rolling the ball on the ground around their body. Pupils then find a partner and using only one ball per pair sit facing each other with legs outstretched and feet touching. Practise rolling the ball back and forth on either side of the body. Focus on catching and trapping the ball with the hands.

Next, invite pupils to throw the ball so that it bounces once before their partner catches it. If the throw is not accurate, lean the body left or right to get behind the path of the ball. If the throw is accurate, try moving further apart.



Variations

- To progress the activity, practise rolling and bouncing the ball while standing up.
- Practise rolling the ball into or onto a target.
- Arrange pupils in groups sitting three metres apart in a zigzag line formation. Invite pupils to roll/bounce the ball from pupil to pupil, up and back along the zigzag line.
- Explore different ways to roll the ball, under, over and through obstacles.
- Consider using a rolled up sock to practise throwing and catching in pairs.

Equipment

An open playing area, one small bouncy ball for each pupil



- **Pause the activity at intervals to focus on the specific teaching points for catching in the lesson. Provide feedback to individuals while they are catching during the activity.**



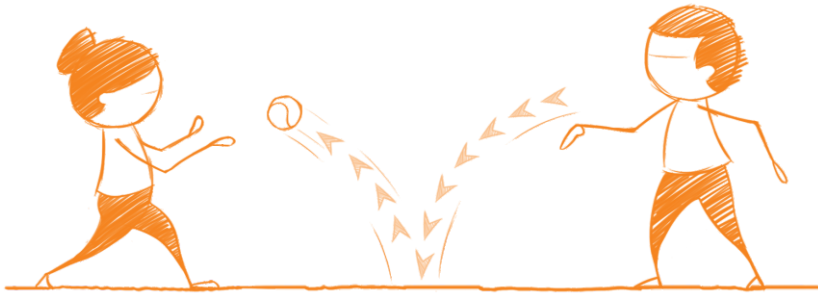
- **Practise rolling a ball against a wall at home.**



- **cosa trasna ar a chéile • liathróid a rolladh • i mbeirteanna • gabháil • caitheamh • le dhá lámh**

Description of Activity

Arrange pupils in pairs and invite them to find a space in the playing area where they are not in contact with other pupils. Pupils face each other, approximately five metres apart and place a spot marker on the floor in the middle, equidistant from each pupil. Pupil A bounces the ball on or near the spot for their partner to catch. Pupil B then repeats the action.



Variations

- Alternate the hands used to bounce and catch e.g. bounce with two hands and catch with one or bounce with one hand and catch with the other.
- Vary the size or shape of the ball.

Equipment

A hard playing surface, spot markers, balls of various sizes including tennis balls



- Ensure pairs are evenly spaced and that pupils are not throwing across the path of another pair.
- At regular intervals pause the activity and discuss today's teaching points for catching. Invite a pupil to demonstrate correct technique, invite pupils to practise in isolation and then return to the activity.



- In your PE journal, draw a picture of a game that involves catching.



preabphas • gabháil agus caitheamh • spás le dromchla crua • ag obair i mbeirteanna • liathróid a phreabadh • malartaigh na lámha • forleathnú

Description of Activity

Invite pupils to sit on the ground with legs astride. Each pupil has a ball. Pupils bounce the ball on the ground to head height and catch it again before the ball hits the ground. Invite pupils to alternate the hand used to bounce or catch the ball, e.g. bounce with the left hand and catch with the right; bounce with one hand and catch with two. After some time, invite pupils to practise from a standing position.



Variations

- Invite pupils to count their catches for a set amount of time. If you miss the catch, start again.
- Drop the ball from face height and wait for it to bounce. Catch the ball before it hits the ground a second time. Practise catching with alternate hands, and both hands together.

Equipment

A hard playing surface, balls of various sizes including tennis balls.



- Wait for the ball to reach its highest point before catching it.
- Keep arms close together and extend them towards the ball when the ball is dropping.
- Keep your eyes on the ball at all times.



- At home practise catching with various objects such as a rolled up pair of socks, a sponge, a teddy, a sliotar, etc. Figure out what our fingers do during catching.



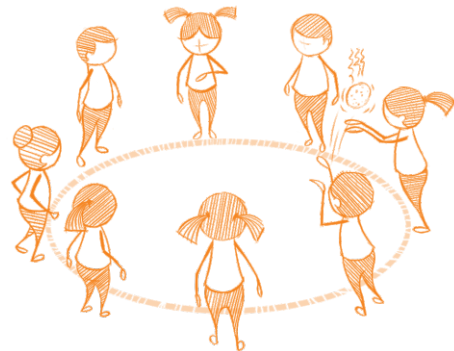
sú agus preab • scil láimhsithe • gabháil agus caitheamh • suite le cosa amach • liathróid a phreabadh • teorainn ama

Description of Activity

Arrange pupils in three groups, with each group forming a circle. One pupil in each circle begins with the hot potato (the ball). Pupils pass the ball around the circle from one person to the next. After the potato has made it around the circle without being dropped, everyone takes a step backwards. Now pupils need to pass the potato a further distance. Include additional instructions such as

- *'Cool it down'* - blow on your hands after you pass the potato to cool them down
- *'It's burning!'* - pass the potato faster around the circle
- *'Lunch time!'* - perform the action of eating the potato when you catch it

Invite pupils to create additional actions for the game.



Variations

- Include additional balls.
- Complete the activity from a seated position.
- Include additional commands such as 'mash up' - pupils swap places in the circle, 'sweet potato' - pupils compliment each other's catch, 'curly fries' - pupil spins around before catching the ball.

Equipment

Small foam balls



- Ensure there is adequate space between pupils to allow them to catch the ball. If space is limited, pass the potato across the circle instead of passing it from one person to the next.
- Pause the activity at intervals to focus on the specific teaching points for catching in the lesson. Provide feedback to individuals while they are catching during the activity.



- Ask a grown-up to draw targets at different heights on a wall outside using chalk or paper. Practise catching at different heights by throwing a ball at the targets.



ag seasamh i gciortal • lámha a fhuarú • ag dó • am lóin • cos amháin

Description of Activity

Arrange pupils in groups of eight and give each group a ball. Invite each group to make a circle with one pupil in the middle holding the ball. The middle pupil passes the ball to each of the other pupils in the circle in turn. Each pupil crouches down after passing the ball back to show that they have had a turn. When everyone except the middle pupil is crouched down, play is reversed so that every time a ball is caught pupils stand up again. When everyone is standing, a new pupil swaps into the middle and the game continues.



Variations

- Roll the ball instead of throwing it.
- Encourage pupils to explore throwing in a variety of ways - chest pass, over-head, under-arm, bounce pass etc.
- Use different types of balls to throw and catch.
- Add a competitive element by inviting the groups to race against each other to complete the task.

Equipment

An open playing area, medium sized balls (one per group of eight pupils)



- Ensure there is enough room for all groups to throw and catch safely.
- Encourage pupils to cushion the ball when catching.
- Encourage pupils to keep their hands in the ready position before catching the ball.



- Draw a picture of what your hand looks like when catching in your PE journal.



liathróid a phasáil timpeall • dalta sa lár • crom síos • liathróid a ghabháil • seas suas