



ATHLETICS



GAMES



GYMNASICS

Description of Activity

Arrange the pupils in pairs. Give each pair a ball and invite them find a space in the playing area. Invite pupils to begin rolling the ball back and forth to one another, using both hands, one hand and then alternate hands. After a set amount of time, provide a new instruction, such as:

- practise bouncing the balls back and forth, low down and high up
- practise underarm throwing, catching before the ball touches the ground
- perform ten throws without dropping the ball or as many throws as you can within thirty seconds.



Variations

- Increase the distance between pairs and repeat all of the above.
- Vary the manipulative skill used to move the object, eg. kicking, striking with an implement, striking with the hand etc.

Equipment

An indoor or outdoor hard surface area, balls of various sizes



- Ensure there is adequate space between the pairs to roll and throw safely, and that pairs are not throwing across the path of another pair.
- Pause the activity at intervals to focus on the specific teaching points for throwing in the lesson. Invite a pupil to demonstrate correct technique, and then return to the activity. Provide feedback to individual pupils as they practise throwing during the activity.
- Emphasise the importance of teamwork and cooperation - a good throw is necessary for a good catch!



- At home investigate ways of throwing the ball to a family member.

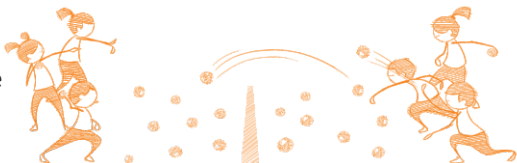


i mbeirteanna • liathróid a rolladh • lámh amháin • dhá lámh • liathróid a phreabadh • spás níos faide eadarthu



Description of Activity

Arrange pupils in two groups. Place a dividing line using skipping ropes, cones or chalk markings on the ground between the two groups. Give each pupil a piece of old newspaper to scrunch up into a ball. On a given signal both groups begin to throw the paper balls out of their area and into the other groups area. Pupils continue throwing for a set period of time, throwing back the newspaper that lands on their side of the line. The winning group is the group that has fewer paper balls in their area at the end.



Reset the activity again, dividing up the newspaper balls and distributing them evenly to both groups. For the second round, pupils may only use one hand to pick up and throw the paper ball, keeping the other hand behind their back. Alternate the throwing hand to practise on both sides.

Variations

- Use soft balls or beanbags instead of newspaper balls.
- Divide the playing area in half and play two concurrent games.
- Arrange the pupils in four groups. Divide the playing area into four grids, with one group at each corner of the grid. Play four groups against each other.

Equipment

An open playing area, skipping ropes, cones, chalk, newspaper

- Ensure pupils throw the paper balls safely, aiming them for the ground and not at members of the opposing group.
- On the stop signal, pupils must freeze on the spot with their hands on their head to remove the temptation for one more throw.
- Recycle the newspaper after the game has concluded.
- Pause the activity at intervals to focus on the specific teaching points for throwing in the lesson. Invite a pupil to demonstrate correct technique, allow the pupils to practise in pairs with balls of paper, and then return to the activity. Provide feedback to individual pupils as they practise throwing during the activity.



- Draw a picture of you throwing in your PE journal.



roinnt e i ndá ghrúpa • líne de cóin, téid scipeála • píosa páipéir • teorainn ama • ag caitheamh • cluiche a imirt



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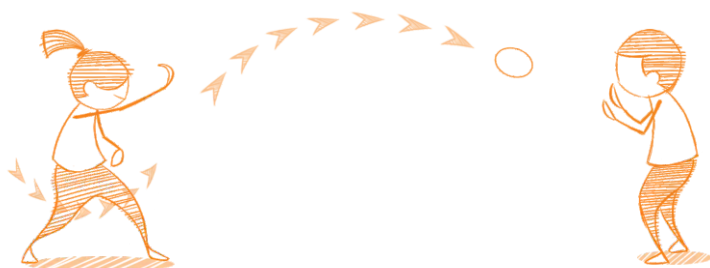


GYMNASTICS

Description of Activity

Arrange pupils in groups of three with one beanbag per group. Invite the groups to spread out and find a space in the playing area. Pupils practise throwing the beanbag to each other using the underarm technique. Invite them to throw in a variety of different ways e.g. high, low, fast, slowly etc.

Introduce throwing to a moving target: give each group a hoop. One pupil holds the hoop up and the other pupils throw the beanbag to each other through the hoop. The pupil holding the hoop can move towards the path of the beanbag to help the throwers to achieve the target.



Variations

- Invite pupils to use alternate hands for throwing and catching.
- Increase or decrease the distance between the pupils e.g. after five successful throws, one pupil takes a step backwards.
- Use a ball instead of a beanbag.

Equipment

An open playing area, beanbags, hoops,



- Ensure there is adequate space between the groups to throw safely, and that groups are not throwing across the path of another group.
- Pause the activity at intervals to focus on the specific teaching points for throwing in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individual pupils as they practise throwing during the activity.



- Play this game at home with a friend in an open playing area.



i mbeirteanna • falla • caitheamh lámh in íoctar • ard • íseal • ag preabadh



Description of Activity

Arrange pupils in pairs and give each pair one beanbag and one piece of chalk. Invite pupils to line up in their pairs, one behind the other, along one side of the playing area, behind a line of cones (the throwing line). On a signal, pupil A from each pair steps forward to the throwing line and throws their beanbag as far forward as possible. Pupil A walks to where the beanbag landed, counting their steps. Using chalk, the pupils write their initials and the number of steps beside the beanbag before picking up the beanbag and returning to the throwing line. Pupil B repeats this activity and marks their score with the chalk. Repeat the activity until each pupil has had five turns to throw the beanbag, each time attempting to increase the distance of their throw.



Variations

- Set out scoring zones using cones. Pupils score different points each time depending on how far they throw. The furthest zone away from the throwing line provides the most points.

Equipment

An outdoor hard surface area, beanbags, chalk, cones



- Ensure pupils throw their beanbag forwards. Pupils must not move forward to retrieve their beanbags until they hear a signal, or until everyone has thrown the beanbag.
- Pupils should hold the beanbag softly in their hands using index and middle fingers to propel the beanbag.
- Allow pupils to take a step or two in the process of throwing.



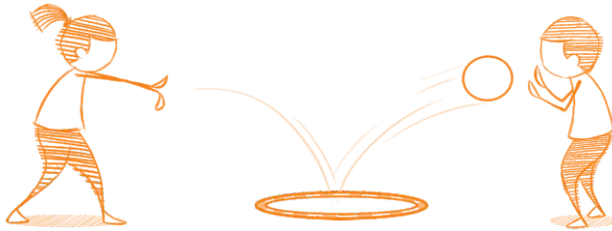
- Practise this game at home. Ask a grown-up to help you find five things in your home that you can throw. Investigate which object you can throw the furthest.



i mbeirteanna • málaí pónairí • píosa cailce • líne tosaigh • céimeanna a chomhaireamh • níos faide

Description of Activity

Arrange pupils in pairs and give each pair a ball and a hoop. Invite pairs to find a space in the playing area, face each other and place the hoop on the floor in the middle. The first pupil bounces the ball into the hoop for their partner to catch. That pupil repeats the exercise by bouncing the ball in the hoop for the first pupil to catch.



Variations

- Arrange pupils in groups of four (two pairs) around one hoop. The pairs take it in turns to bounce the ball in the hoop. If the other pair does not catch the ball, the bouncers get one point. The winners are the first pair to reach five points.
- Increase or decrease the distance between the pupils and the hoop.
- Vary the type of ball used to bounce.
- Use spot markers instead of hoops. Pupils bounce the ball on the spot marker for their partner to catch.

Equipment

An open playing area, hoops, balls



- Ensure there is adequate space between the groups to roll and throw safely, and that groups are not throwing across the path of another group.
- Pause the activity at intervals to focus on the specific teaching points for throwing in the lesson. Invite a pupil to demonstrate correct technique, allow the pupils to practise in pairs without the hoops, and then return to the activity. Provide feedback to individual pupils as they practise throwing during the activity.
- Emphasise the importance of teamwork and cooperation - a good throw is necessary for a good catch!



- Practise the bounce throw at home by bouncing a ball against a wall. Practise every day for one week.



i mbeirteanna • fonsa • liathróid a phreabadh • í a ghabháil



Description of Activity

Arrange pupils in groups of four. Give each pupil a beanbag and give each group a hoop. Invite the groups to find a space in the playing area and to place their hoop on the ground in the centre of the group. Pupils stand one metre back from their hoop and take turns to throw their beanbag into the hoop. If they are successful, they can take a step back and throw from there next time. If they are not successful, they have to try again from that distance. Pupils continue throwing to see how many steps away from their hoop they can get.



Variations

- If your space allows, this activity could be completed in pairs. Similarly it can be done in larger groups if space is limited.
- Each group could position the hoop at an angle against a wall, a fence or tall cone.

Equipment

An open playing area, hoops, beanbags



- Ensure there is adequate space between the groups to throw safely, and that groups are not throwing across the path of another group.
- For safety purposes, the first thrower cannot retrieve their beanbag until the last thrower has completed their throw.
- Pause the activity at intervals to focus on the specific teaching points for throwing in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individual pupils as they practise throwing during the activity.



- Practise at home using other types of equipment (e.g. teddy bears, rolled up socks, buckets or boxes etc) and a box/basin. Investigate what might help you to get the object into the box.



málaí pónairí • fonsa • spás roinnte idir na grúpa • méadar amháin • caith an mála • céim siar



ATHLETICS



GAMES



GYMNASTICS

Description of Activity

Arrange pupils in groups of four. Groups line up fifteen metres apart, either side of a line of skittle targets as shown. Groups take turns to roll a ball, trying to knock over a target in the middle. If a pupil successfully knocks over a skittle, they can claim this skittle and bring it over to their side. Continue playing until all of the skittles have been claimed.



Variations

- Throw the ball instead of rolling it, ensuring it remains below knee or waist height.
- Increase or decrease the distance between opposing teams.
- Vary the size, shape and position of the skittle targets.
- Include more than one ball at a time.

Equipment

An open playing area, balls of various sizes, cones, skittle targets (large cones, bowling skittles or water bottles)



- Ensure that there is an odd number of targets to decide a winner.
- Ensure each member of the group gets a turn to play.
- Pause the activity at intervals to focus on the specific teaching points for throwing in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individual pupils as they practise throwing during the activity.



- Ask a grown-up to help you set up some targets at home and practise knocking them over from various distances.

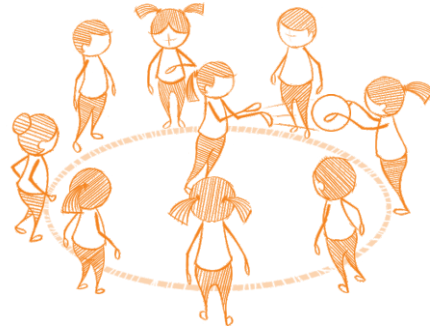


dhá fhoireann • buidéal uisce • a leagadh • liathróid a rolladh • liathróid a chaitheamh • corruimhir • taobh thiar den líne



Description of Activity

Arrange pupils in groups of eight to ten and invite them to form a circle. The leader stands in the centre of the circle with a ball. The leader throws their ball to a pupil in the circle, who throws it back to them, and this action continues around the circle in a clockwise direction until every pupil has had a turn. After the last turn, the leader gives the ball to the next pupil and the activity continues until each pupil has had a turn as leader.



Variations

- Pupils balance on one leg after throwing the ball back to the leader.
- Pupils complete three jumps for height after they have thrown the ball back to the leader.
- Invite two leaders to stand back to back in the centre of the circle. The game continues as before, but now the passes must be completed at a faster pace.
- Increase or decrease the size of the circle.
- Vary the manipulative skill used to move the object, eg. kicking, striking with an implement, striking with the hand etc.

Equipment

An open playing area, balls of various sizes



- Pupils awaiting a turn should extend their hands outwards in anticipation of the ball.
- Pause the activity at intervals to focus on the specific teaching points for throwing in the lesson. Invite a pupil to demonstrate correct technique, and then return to the activity. Provide feedback to individual pupils as they practise throwing during the activity.
- Emphasise the importance of teamwork and cooperation - a good throw is necessary for a good catch!



- Practise throwing at home using a teddy bear. Investigate whether this is easier or more difficult than throwing a ball.



ochtar nó deichniúr • beirt cheannaire • ciorcal • droim le droim • ag caitheamh na liathróide