

Description of Activity

Give each pupil a beanbag and invite them to find a space in the playing area where they are not in contact with anyone else. Pupils place the beanbag at their feet and pass or slide the beanbag from one foot to the other while standing in the same spot.



Variations

- Encourage pupils to vary the distance between their feet.
- Complete the activity at varying heights, e.g. crouching down into a squat position, or standing tall on tippy toes.
- Attempt the activity with arms folded or behind their back. Discuss with pupils whether this makes the activity easier or more difficult.
- Invite pupils to move around the playing area as they pass the beanbag from foot to foot by walking, jogging, running or side stepping.

Equipment

A hard playing surface, beanbags



- Encourage pupils to use the inside of the foot to strike the beanbag.
- Extend the arm opposite to the kicking leg for balance.
- Ensure pupils exercise caution when moving around the space, by keeping their eyes open and looking forwards in the direction they are travelling.
- Pause the activity at intervals to focus on the specific teaching points for kicking in the lesson.



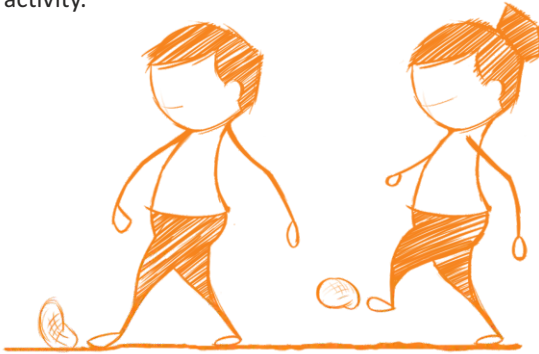
- Practise kicking a rolled-up pair of socks from one foot to the other at home. Draw a picture of this in your PE journal.



málaí pónairí • a chuir ar aghaidh • pasáil • sleamhnaigh • ag seasamh

Description of Activity

Arrange pupils in pairs with one beanbag per pair. Pupil A dribbles their beanbag around the playing area while pupil B follows as close as possible behind them, also dribbling their own beanbag. Pupil B must look up to follow the leader while also controlling their beanbag. After a designated amount of time, pupils turn to face each other, kick their beanbags to each other, alternate the roles and continue the activity.



Variations

- Allow each pupil time to practise dribbling the beanbag before arranging them in partner groups.
- Begin with only one beanbag per pair to allow pupil B to get comfortable following pupil A.
- Arrange the pupils in groups of three or four, with the extra pupils all following pupil A. After the designated time, pupil A passes the beanbag to one of the other pupils who takes on the leader's role.

Equipment

An open playing area, beanbags



- Pupils should be encouraged to move around the entire space and to maintain control of their beanbag, i.e. avoid kicking and chasing it.
- Encourage pupils to use alternate feet to kick the beanbag to their partner.
- Ensure pupils exercise caution when moving around the space, by looking forwards in the direction they are travelling.



- Practise dribbling a beanbag or a pair of rolled up socks around the house. Try to keep control of the object without hitting it off anything in your path.



i mbeirteanna • málaí pónairí • druibleáil • á leanúint • gar dóibh • coinnigh súil ar an gceannaire

Description of Activity

Invite each pupil to find a space in the playing area and give them a beanbag each. Each pupil balances the beanbag on their foot and attempts to flick it up into the air. Pupils attempt to catch the beanbag with their hand and replace it on their foot. Encourage the pupils to alternate the foot used to flick the beanbag and invite them to flick it up as high as possible.



Variations

- Arrange the pupils in groups or pairs and give each group a hoop. Pupils practise flicking the beanbag into the hoop. The hoop could be placed flat on the ground, or held at various heights or distances, angled towards the pupil with the beanbag.
- Arrange the pupils in pairs. Pupil A flicks the beanbag for pupil B to catch, and visa versa.
- Invite pupils to try to catch the beanbag on the front of the same or opposite foot, before flicking it up again.

Equipment

an open playing area, beanbags



- Encourage the pupils to keep their eyes on the beanbag when controlling it on their foot and flicking it up into the air.
- Highlight the importance of swinging the kicking leg through to aim forwards.
- Encourage pupils to extend the opposite arm to the kicking leg to help with balance.
- Ensure pupils have adequate space to practise flicking the beanbag safely. Ensure pupils are not flicking towards or across the path of other pupils.



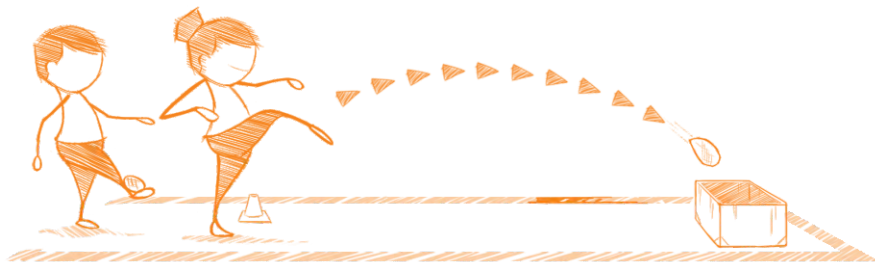
- Using your foot flick a pair of rolled up socks or gloves into a basket at home.



- málaí pónairí a cothromú • flic san aer é • gabháil • cuir ar ais • athraigh na cosa

Description of Activity

Arrange pupils in groups of four or five. Invite each group to place a cone two metres away from an empty box. Pupils take turns to balance the beanbag on their foot and flick it into the box. If they are successful, their group is awarded one point. The pupil then retrieves the beanbag and kicks it back to the next pupil in the group. Play up to a score of ten points.



Variations

- Place a selection of boxes at varying distances from the cone at each group. Award higher scores for boxes that are placed further away.
- Use a hoop instead of a box to increase the size of the target.
- Use soft balls instead of beanbags and encourage pupils to kick instead of flick the ball into the box or hoop.

Equipment

An open playing area, beanbags, cones, empty boxes



- The third pupil in the line keeps count of the score each time.
- Encourage the pupils to keep their eyes on the beanbag when controlling it on their foot and flicking it up into the air.
- Highlight the importance of swinging the kicking leg through to aim forwards.
- Encourage pupils to extend the opposite arm to the kicking leg to help with balance.
- Ensure pupils have adequate space to practise flicking the beanbag safely. Ensure pupils are not flicking towards or across the path of other pupils.



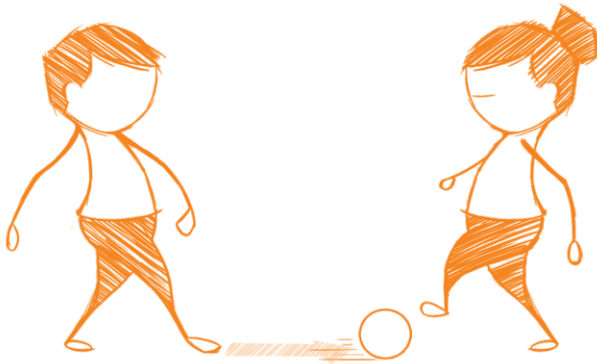
- Ask a grown-up to help you draw square targets on a wall outside, or stick paper targets on the wall. Practise kicking a rolled up pair of socks or a soft ball at each target. Score one point for every time you hit a target.



- roinnt e i ngrúpaí • málaí pónairí • cothromaíocht • flic i mbosca é • bailítear • suas go dtí a deich

Description of Activity

Arrange pupils in pairs and give one ball to each pair. Pupils stand at a cone opposite one another, three to five metres apart. Pupil A begins with the ball and slowly moves the ball back and forth between their feet four times on the spot before gently kicking it to their partner. Pupil B receives the pass then repeats the action. The pupils progress to attempting to carry out the activity while walking towards their partner, before running back to their cone to receive their partners' pass.



Variations

- Alter the manipulative skill being used in the activity e.g. throwing or striking with the hand.
- Increase the number of pupils and balls in each group. Give each group four cones and invite them to set up a square in the playing area. Pupils with the ball now move the ball around the area and each time they meet a fellow pupil they should high-five them and exchange the ball.

Equipment

An open playing area, large balls, cones



- Encourage pupils to use alternate feet to kick the ball to their partner.
- Ensure pupils exercise caution when moving around the space, by looking forwards in the direction they are travelling.



- At home, practise kicking a ball against a wall. After it hits off the wall, practise stopping the ball as quickly as you can by placing your foot on top of the ball (trapping).



i mbeirteanna • an liathróid a bhogadh • ag siúl i dtreo a bpairtnéir • liathróid a stopadh



Description of Activity

Arrange the pupils in pairs and invite them to line up at a cone facing each other two metres apart. Pupil A stands with the non-kicking leg forward and balances the football on outstretched arms. Pupil A gently allows the ball to roll down along and off their arms and kicks the ball after it drops to the ground. Allow the football to bounce once. A clean kick is awarded one point. Pupil B retrieves the ball and repeats the action back to their partner. Continue playing up to a target score.



Variations

- Increase the space between the pupils from two metres to five metres.
- Encourage pupils to kick the ball before it touches the ground.
- Consider using balloons or beach ball if pupils are finding it difficult to time the kick.
- Increase or decrease the size of the ball.
- Instead of rolling the ball along the arms, drop the ball from the hands (both hands or the same-side hand as the kicking leg).

Equipment

Hard indoor or outdoor surface area, mini footballs (size 4), cones



- Pupils should be encouraged to develop a smooth kicking style rather than kicking as hard as possible.
- Highlight the importance of swinging the kicking leg through to ensure the ball travels straight through to their partner.
- Ensure pupils are not kicking towards or across the path of other pupils.



- Practise this game at home with a rolled up pair of socks or a small ball. Ask a family member to play with you.



i mbeirteanna • i líne • cos tacaíochta chun tosaigh • liathróid a rolladh • ag ciceáil • scór



Description of Activity

Arrange pupils in pairs with one ball per pair. Each pupil stands on a spot marker facing their partner who is also standing on a spot marker ten metres away. Pupil A begins by kicking the ball to their partner, keeping it low along the ground. Pupil B bends down and collects the ball with their hands, before placing it back on the ground and returning the kick. Repeat the kicking action between pupils back and forth for a set amount of time.



Variations

- Vary the distance between pupils.
- Encourage pupils to vary the kicking leg each time.
- After retrieving the ball with their hands, pupils now drop the ball to the floor and kick it onwards along the ground to their partner, to develop the skill of kicking out of the hands.

Equipment

A hard playing surface, mini footballs (size 4), cones, spot markers



- **Pause the activity at intervals to focus on the specific teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individuals while they perform the kicking activity.**



- **Practise kicking a ball at lunchtime with your friends.**

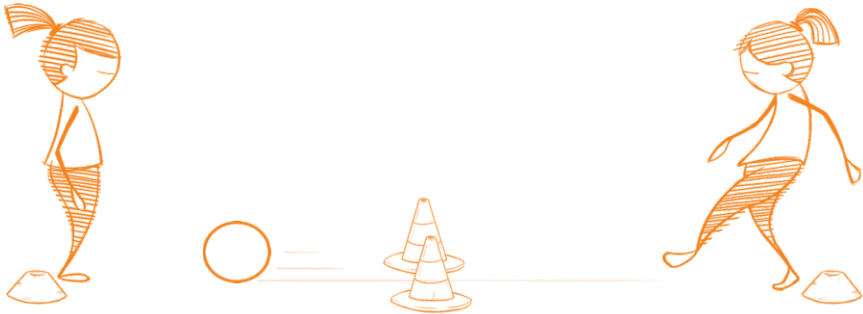


- **liathróid idir bheirt • ag féachaint ar a bpairtnéir • pas a thabhairt • crom síos**
- **liathróid a scuabadh ón dtalamh**



Description of Activity

Arrange pupils in pairs with one ball per pair. Each pupil stands on a spot facing their partner who is also standing on a spot ten metres away. Set up a gate between each pair using two cones. Pupil A attempts to kick the ball to pupil B through the gate. One point is awarded for each pupil that successfully kicks the ball through the gate.



Variations

- Increase or decrease the distance between the pupils.
- Increase or decrease the width of the gate.
- Invite pupils to return the ball to their partner without stopping it, i.e. pupils kick the ball straight back through the gate.

Equipment

A hard indoor playing surface or grassy outdoor area, mini footballs (size 4), cones, spot markers,



- If space is limited arrange pupils in groups of four, with two pupils on either side of the gate taking turns to kick the ball through.
- Ensure pupils are not kicking towards or across the path of other groups.
- Pause the activity at intervals to focus on the specific teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individuals while they perform the kicking activity.



- Set up a gate or target at home and practise kicking at the target or through the gate.



ag obair i mbeirteanna • ag seasamh ar spota • geata • tríd • liathróid a scuabadh ón dtalamh • déan arís é