

Description of Activity

Use cones to set up a defined rectangular playing area. Give each pupil a beanbag and invite them to find a space within the playing area. Pupils place the beanbag on their hand and extend their arm fully in front of their body. Invite pupils to walk around the playing area without touching any other pupils. Once this action is established and pupils are comfortable, invite pupils to bounce the beanbag lightly on their hand, firstly on the spot and then as they move around the space. Alternate the arms and repeat the activity.



Variations

- Allow pupils to practise this activity with the arm extended out to the side.
- Use a soft bouncy ball, a pompom or a tennis ball instead of a beanbag.
- Vary the locomotor skill used to travel around the area, e.g. run, hop, skip etc.
- Invite pupils to complete movement patterns such as: walk around in a circle, square, diamond shape, make a figure of eight as you walk, walk in a zigzag line

Equipment

An open playing area, beanbags



- **The arm and hand should remain rigid and extended with the beanbag strike no higher than six inches above the hand. Practise using both left and right hands.**
- **Encourage pupils to exercise caution when moving around the area to respect the efforts of others and to avoid collisions.**
- **Pause the activity at intervals to focus on the specific teaching points for striking with the hand in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individual pupils while they perform the striking action during the activity.**



- Practise this activity at home using a pair of rolled up socks.



málaí pónairí • fanacht ar a gcothrom • sín amach na lámha • gan lámh a leagan • a phreabadh

Description of Activity

Give each pupil a balloon and invite them to find a space in the playing area where they are not in contact with anyone else. Pupils must strike the balloon upwards into the air and keep it there using only the hands. After a set amount of time, the teacher calls out various body parts such as: right hand only; left hand only; alternating hands; elbow, shoulder, head, chest, back, knee, foot etc. Pupils must keep the balloon up in the air using only that body part until the next instruction is called.



Variations

- Arrange the pupils in pairs or groups with one balloon between them. They have to work together, taking turns to keep the balloon in the air.
- Arrange the pupils in pairs with one balloon between them. One pupil must keep the balloon in the air while the other pupil calls out the instructions.
- Invite pupils to move around the playing area while keeping their balloon in the air.

Equipment

An indoor playing area, one balloon per pupil



- Encourage pupils to keep their eyes on the object and to be aware of others moving around the space.
- Ensure the playing area is free of obstacles or hazards as the pupils' attention will be focused upwards at the ball.
- Ensure there are enough spare balloons prepared in case any of them burst. Blow them up in advance and store them in a large bin liner until they are being used. Allow pupils to bring the balloons home to practise.



- Play this game at home.



balúin a choiméad san aer • baill coirp • lámh dheas • lámh chlé • lámha éagsúla • cosa éagsúla

Description of Activity

Arrange pupils in groups of three with one balloon per group. Line each group up along the end of the playing area. Each group must move the balloon to the other end of the playing area without holding onto it or letting it touch the ground. Pupils can only touch the balloon once and then someone else must take a turn.



Variations

- Invite pupils to use any body part except their hands to keep the ball up.
- Arrange the pupils in pairs instead of groups.
- Introduce actions that pupils must complete if their balloon touches the ground, e.g. five jumping jacks or two star jumps before continuing.
- Use a basketball (or similar ball) instead of balloons. Now the groups must bounce the ball to each other to get it to the other side without letting the ball bounce twice between passes.

Equipment

An indoor playing area, one balloon per pupil

- Ensure groups are adequately spread out across the playing area to avoid collisions.
- Ensure the playing area is free of obstacles or hazards as the pupils' attention will be focused upwards towards the balloon.
- Ensure there are enough spare balloons prepared in case any of them burst. Blow them up in advance and store them in a large bin liner until they are being used. Allow pupils to bring the balloons home to practise.



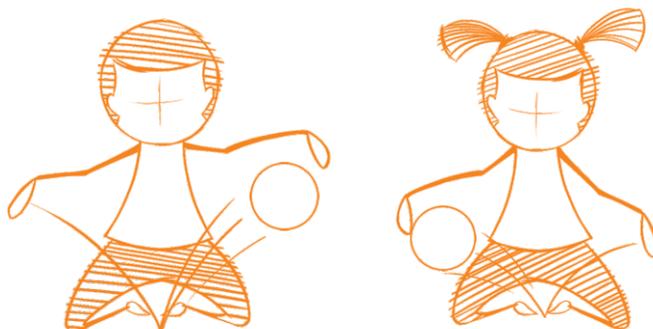
- Play this game at home with your family.



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

Description of Activity

Invite each pupil to find a space in the playing area and kneel or sit on the ground. Give each pupil a ball. Invite pupils to pass the ball from one hand to the other using an open hand striking action. Invite pupils to complete the same activity from a standing position. After a designated time, invite pupils to strike the ball downwards, so that it bounces back up off the ground, and strike it downwards again using the opposite hand. Continue this action for a designated period of time.



Variations

- Use balloons or beach balls instead of balls. It may be useful to use balloons if necessary.
- Arrange the pupils in pairs, and invite them to strike (bounce) the ball towards their partner, who strikes it back with alternate hands.
- Explore different ways of striking the ball, e.g. open hand, closed fist, with the back of the hand, etc.

Equipment

An indoor hard surface area, balls, (optional: balloons, beach balls)



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



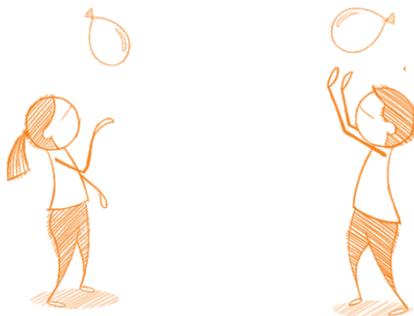
- Practise striking with the hand at home using a balloon, a ball, or a rolled up pair of socks.



- liathróid an dalta • ar na glúine • liathróid a bhualadh • ó lámh amháin go lámh eile

Description of Activity

Give each pupil a spot marker and invite pupils to find a space in the playing area. Each pupil places their spot marker on the floor and stands on it. Give each pupil a balloon, beachball or soft ball and encourage them to use the palms of their hands and fingertips to strike the balloon upwards into the air directly over their head. After each volley pupils catch the balloon and repeat the action. After a designated time, invite pupils to volley the balloon upwards repeatedly without catching.



Variations

- Arrange pupils in pairs and invite them to volley the balloon back and forth to each other.
- Arrange pupils in groups of four. Two pupils hold the end of a ribbon at chest height, and the other two pupils stand on opposite sides of the ribbon, volleying the balloon or ball over and back to each other above the ribbon. After a designated time, pupils swap roles and repeat the activity.

Equipment

An open playing area, spot markers, balls, balloons, beach balls, ribbons (optional)



- Ensure there are enough spare balloons prepared in case any of them burst. Blow them up in advance and store them in a large bin liner until they are being used. Allow pupils to bring the balloons home to practise.
- Pause the activity at intervals to focus on the specific teaching points for striking with the hand in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individuals while they perform the striking action during the activity.



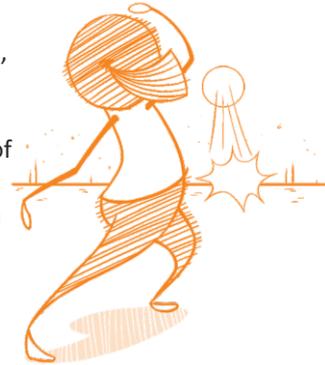
- Practise striking a ball against a wall at home.



seasamh ar spota • balúin • a bhualadh suas san aer • é a bhualadh faoi dhó • scil a chleachtadh

Description of Activity

Give each pupil a cone and ask them to position it one metre from away from the boundary wall. Ensure there is at least two metres of space between the pupils either side. Give each pupil a football and invite them to stand side on to the wall at their cone with their left shoulder pointing towards the wall. Invite the pupils to drop the ball from their left hand, allow it to bounce once, and use their right hand to strike the ball across their body against the wall, catching it as it returns. After a designated amount of time, invite pupils to turn to face the opposite shoulder towards the wall, and to drop the ball from their right hand and strike with the left.



Encourage pupils to change their stance to catch the ball face on and then reset before the next striking attempt. As pupils become familiar with the action invite them to strike the ball as it returns from the wall rather than catching it.

Variations

- Arrange the pupils in pairs, striking towards each other instead of a wall.
- Vary the ball used e.g. beach ball, balloon or light bouncy ball.
- Increase the distance between the pupil and the wall.

Equipment

An indoor or outdoor hard surface area with boundary walls, mini footballs (size 4)



- Encourage pupils to strike through the ball rather than down into the ground, utilising a sweeping follow-through.
- Pause the activity at intervals to focus on the specific teaching points for striking with the hand in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individuals while they perform the striking action during the activity.



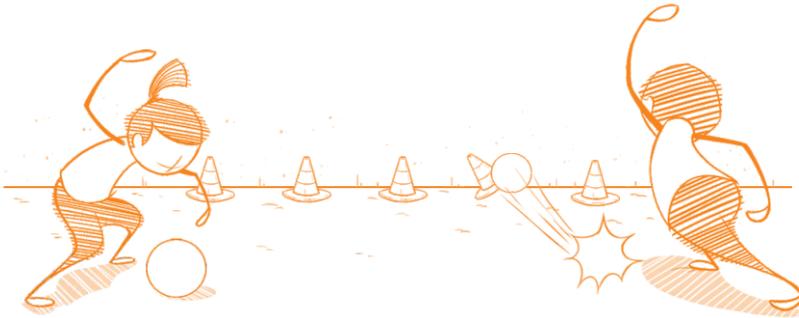
- Draw a picture of a game that involves striking with the hand in your PE journal.



liathróid an dalta • lig don liathróid titim • liathróid a bhualadh • í a ghabháil

Description of Activity

Place a line of cones, water bottles or other suitable items along a wall (for pupils to knock down with the balls). Arrange the pupils in groups of four. Each group are given a football and position themselves behind a cone four metres away from the wall. Pupils take turns striking the ball with the hand towards to wall in an attempt to knock over an object. After a pupil has taken their turn, they run to retrieve the football and pass it back to next pupil in the line. If they successfully knock an object they can bring it back to their team.



Variations

- Practise using both left and right hands.
- Increase or decrease the distance between the groups and the wall.
- Award points for different types of target cones.

Equipment

An indoor or outdoor hard surface area with boundary walls, mini footballs (size four), cones, bottles or skittles.



- For safety purposes ensure that all groups strike at the same time and all groups retrieve their ball at the same time. The cones at the wall should be lined up tightly to ensure early successful strikes.
- Encourage pupils to place the ball down on retrieval for their partners.
- Encourage pupils to strike through the ball in a downwards direction, utilising a sweeping follow through.



- Collect empty bottles at home for a couple of weeks. When you have enough, play this game with your family.



cóin • liathróid a bhualadh • gualainn saor i dtreo an falla • bailítear na cóin a leagtar

Description of Activity

Arrange the pupils in small groups, with each group lining up behind a cone at one end of the playing area. Give each group one ball. The first pupil in each group dribbles the ball halfway up the playing area and then dribbles back, handing the ball to the next player. The pupils are tasked with completing a variety of dribbling techniques in a non competitive environment as follows:

- right hand up, left hand back
- right hand to left hand dribble - 'crossovers'
- through the legs
- at different levels - high, middle, low.
- backwards, forwards, sideways.



Variations

- Pupils can choose how to pass the ball to the next pupil in their group on their return (high, low or bounce pass).
- Vary the locomotor skill used to move in the playing area, e.g. walk, run, skip etc.
- Vary the ball used, e.g. small bouncy ball, tennis ball, football, plastic ball etc.

Equipment

An indoor or outdoor hard surface area, balls, cones



- Ensure groups are evenly spaced. Set a cone out in the centre of the playing area for each pupil to dribble towards.
- Pause the activity at intervals to focus on the specific teaching points for striking with the hand in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individual pupils while they perform the striking action during the activity.



- In your PE journal, draw a picture of you dribbling the ball.



i ngrúpaí • liathróid cispheile • líne chúil • druibleáil • athrú treo • taobh thiar den droim • tríd na cosa • druibleáil ar gcúl