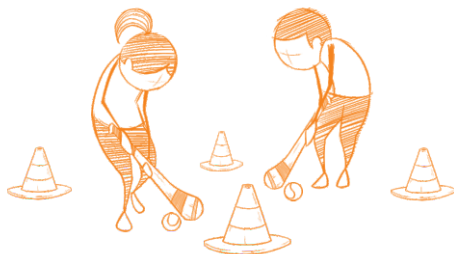




Description of Activity

Each pupil is given a unihoc stick and beanbags and invited to stand in a space in the playing area. Place the cones or spot markers randomly around the playing area. The teacher instructs the pupils to place their dominant writing hand at the top of the stick, the other hand below it further down the stick, and the beanbag on the ground beside them. Invite pupils to move freely around the playing area, dribbling the beanbag with the stick, keeping it as close to the implement as possible. When the pupil encounters a cone or marker they must stop the beanbag with the stick, turn and dribble in a different direction. On a signal, pupils must stop the beanbag and pass it to the pupil who is next to them.



Variations

- Vary the locomotor skill used to move e.g. skip, jump, walk, run etc.
- Vary the implement used to move the beanbag around the area, e.g. hurley, tennis racket etc.
- Introduce a ball instead of a beanbag.
- Include additional instruction such as dribble in a straight line, or in a curved or zig zag pattern, increase or decrease speed etc.

Equipment

An indoor or outdoor hard surface area, unihoc sticks, beanbags, cones or spot markers



- **Pause the activity at intervals to allow pupils to rest and stretch. Trap the beanbag underfoot, and reach the unihoc stick outwards in front of the body, then upwards over the head for a count of five.**
- **Pause the activity at intervals to focus on the specific 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 while they perform the striking action during the activity.**



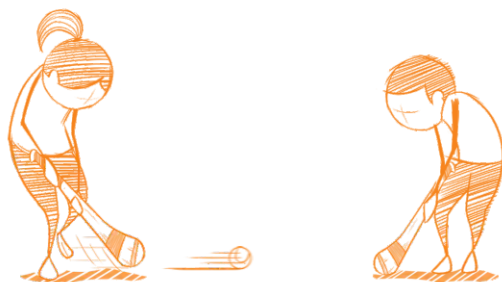
- **Create a mini obstacle course at home and practise dribbling with a pair of socks.**



uirilis • liathróid beag • maide Unihoc • camán • druibleáil • treonna éagsúla

Description of Activity

Arrange pupils in pairs with one unihoc stick each and a ball between them. Invite pupil A to line up along the outer edge of the playing area, and pupil B to stand opposite facing them, three metres apart. Pupil A uses the unihoc stick to gently push the ball to pupil B along the ground. Pupil B attempts to control it with their unihoc stick before returning the pass. After a number of times practising in this way, invite pupils to increase the force or speed of the pass.



Variations

- Pupils take turns to throw or bounce the ball to their partner, who controls it and returns it with a pass. This option is useful if the number of unihoc sticks is limited.
- Vary the implement used to strike the ball, e.g. hurley, tennis racket etc.
- Vary the size of the ball, or use a beanbag.
- Increase or decrease the distance between each pupil.

Equipment

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



- **Pause the activity at intervals to allow pupils to rest and stretch. Trap the ball underfoot, and reach the unihoc stick outwards in front of the body, then upwards over the head for a count of five.**
- **Pause the activity at intervals to focus on the specific teaching points for striking with an implement 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 this at home by using an implement to roll a ball against a wall.**



liathróid idir beirt • a rolladh ar an dtalamh • a smachtú • luas níos tapúla

Description of Activity

Arrange pupils in groups of four. Each group has one ball and one unihoc stick each. Each group stands behind a spot marker with a number of targets placed in front of them against a fence or wall, around five to seven metres away from the spot. Pupils take turns to place the ball on the spot, and strike the ball using the unihoc stick in an attempt to hit a target. After the strike, the pupil hands the unihoc stick to the next pupil in line, runs to retrieve the ball and hands it to the next pupil. Award a point each time a pupil hits a target. After each pupil in the group has taken three turns, add up the points for each group.



Variations

- Vary the implement used to strike the ball, e.g. hurley, tennis racket, hockey stick, etc.
- Vary the size of the ball, or use a beanbag.
- Increase or decrease the distance between the spots and the targets.

Equipment

An indoor or outdoor hard surface area with boundary walls, unihoc sticks (or other striking implements), balls of various sizes, beanbags, spot markers, targets (pictures, hoops, or nets)



- Ensure pupil safety by placing the striking spot a safe distance from where the group is lined up. Place a different cone as a marker for where the rest of the pupils line up.
- Pause the activity at intervals to focus on the specific teaching points for striking with an implement 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 this at home by using an implement to hit a target.



ceathrar i ngrúpa • spriocanna • sprioc a bhualadh • liathróid a bhualadh • liathróid a bhailiú



Description of Activity

Arrange pupils in groups and line each group up behind a cone along one edge of the playing area. Invite each group to set up three target squares using spot markers at one metre intervals from their cone, as shown in the image. Each group has a unihoc stick (or other striking implement) and a beanbag. Pupil A strikes the beanbag gently, aiming for it to stop travelling inside the first target square. Pupil A then hands the stick to the next person in line and runs to retrieve the beanbag. Pupil B then repeats the action. On the pupil's second turn, they must attempt to land their beanbag inside the second target square, and the game continues until pupils have successfully landed their object in each target square.



Variations

- Use a unihoc puc instead of a beanbag.
- Place the targets squares end to end from the first cone, without space in between.
- Pupils retrieve the beanbag or puc using the stick and dribble it back to the start.

Equipment

An indoor, hard surface playing area, cones, spot markers, unihoc sticks, unihoc pucs, beanbags



- Encourage pupils to change their strike from gentle to forceful when aiming for distant targets.
- Ensure pupils line up a safe distance back from the striker, use a cone to signify this safe zone.
- Pause the activity at intervals to focus on the specific teaching points for striking with an implement 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.



- Try this at home by setting up target zones in your garden, kitchen, hallway or driveway. Ask a grown-up to help you.



i líne taobh thiar den cón • cearnóg mar sprioc • láidreachta na buillí a athrú



Description of Activity

Each pupil is given a beanbag and a tennis racket (or bat). Pupils find a space in the playing area where they are not in contact with anyone else. Pupils extend the racket in front of their body, flat side facing upwards, and place the beanbag on the surface of the racket. Pupils must use the racket to toss the beanbag into the air and catch it on the racket on its return. Begin with a short, low toss and gradually increase the height. Remind pupils to soften their grip and cushion the beanbag as it returns to the racket.



Variations

- Vary the implement used to toss the beanbag, e.g. wooden spoon, hurley etc.
- Use a ball instead of a beanbag.
- Invite pupils to move around the space as they toss and catch the beanbag on the racket.
- Invite pupils to toss and continuously catch (bounce) the beanbag on the racket.
- Invite pupils to try to turn the racket over and back, alternately catching the beanbag on the opposite side of the racket.

Equipment

An indoor or outdoor hard surface area, tennis racket, paddle or bat, beanbags, balls of various sizes



- **Pause the activity at intervals to allow pupils to rest and stretch.**
- **Remind pupils to keep their eye on the beanbag.**
- **Pause the activity at intervals to focus on the specific teaching points for striking with an implement 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.**



- **At home, practise bouncing a ball on a racket. Investigate how many bounces you can do without dropping the ball.**



- **liathróid a chaitheamh san aer • a smachtú • raicéad • níos airde • greim a bhreith ar**



Description of Activity

Arrange pupils in pairs and give each pair a ball and bat. Invite the pupils to find a space within the playing area. Pupil A must balance the ball on the bat from a standing position, and maintain control of it while following instructions from pupil B such as:

- jump your feet together
- jump your feet apart
- stand heel to toe
- stand on one leg
- stand on your heels
- stand on tippy toes
- hold the racket in one hand and rub your head with the other
- hop on one foot
- toss the ball in the air and catch it on the racket
- bounce the ball in the air five times and catch it in your hand.



After a designated amount of time, or five instructions from Pupil B, pupils swap roles and continue the activity.

Variations

- Vary the implement used, e.g. hurley, tennis racket etc.
- Vary the size of the ball, or use a beanbag.

Equipment

An indoor or outdoor hard surface area, bats or tennis rackets, balls of various sizes, beanbags



- Remind pupils to keep their eye on the ball to maintain control of it.
- Provide feedback to individuals while they perform the striking action during the activity.



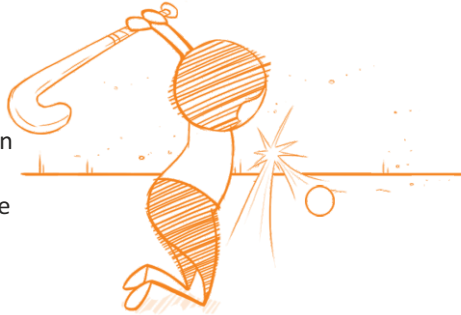
- In your PE journal, draw a picture of you balancing a ball on a bat.



liathróid a choiméad cothrom • gluaiseachtaí éagsúla • cosa le chéile • cos amháin • ar na barraicíní

Description of Activity

Arrange the pupils in pairs and give each pair a ball, a unihoc stick and a spot marker. Invite pairs to spread out along the boundary wall and to place their spot marker one metre away from the boundary wall. Pupil A holds the unihoc stick and begins in a kneeling position on the spot facing onto the wall. Pupil B hands the ball to pupil A, who places the ball on the ground and strikes the ball against the wall using the stick. Pupil B then returns it to pupil A, who repeats the action five times. Pupils swap roles and repeat the activity.



Variations

- Increase the distance between the spot and the wall from one metre up to five metres.
- Instead of pupil B retrieving the ball each time, pupil A is encouraged to stop the ball on the rebound and strike it back against the wall five times before swapping roles, or to strike it continuously without stopping it.
- Vary the implement used to strike the ball, e.g. hurley, tennis racket, hockey stick, bat etc.
- Vary the size of the ball, or use a beanbag.
- Practise striking from a standing position on the spot

Equipment

An indoor or outdoor hard surface area with boundary walls, unihoc sticks (or other striking implements), balls of various sizes, beanbags, spot markers



- **Pause the activity at intervals to allow pupils to rest and stretch. Trap the ball underfoot, and reach the unihoc stick outwards in front of the body, then upwards over the head for a count of five.**
- **Pause the activity at intervals to focus on the specific teaching points for striking with an implement 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.**



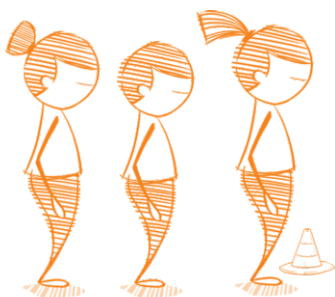
- **Practise striking a ball against a wall with an implement. Ask a grown-up to count how many times you can do this without stopping it or losing control of it.**



ag imirt ina naonair/i mbeirteanna • ar na glúine • scór a choiméad • liathróid a stopadh • go leanúnach

Description of Activity

Arrange pupils in groups of three or four and give each group a racket and a ball. Each group lines up behind a cone along the edge of the playing area. Place another cone approximately five metres away from the starting cone in front of each group. On a signal the first pupil in each group travels out around the opposite cone whilst bouncing the ball on the ground using the racket or bat and returns to their group. Continue the activity until all pupils have had a turn, then increase the distance between the cones and play again.



Variations

- Vary the locomotor skill used to travel, e.g. walk, run, jump, skip etc.
- Pupils use one hand to hold the racket on the way out and the other on the way back.
- Bounce the ball on the racket instead of bouncing it to the ground.

Equipment

An indoor, hard surface playing area, cones, tennis rackets and tennis balls (or bats and bouncy balls)



- Encourage pupils to keep their eye on the ball. If the ball drops, the pupil retrieves it and continues on.
- Ensure there is adequate space between each group and that pupils are not crossing the path of other groups.



- Practise bouncing a ball in this way at home. Ask a grown-up to time you to investigate if you can keep bouncing for twenty seconds.



triúr nó ceathrar • cóin i líne • deich méadar • comhartha • liathróid a phreabadh • raicéad • maide