

Description of Activity

Set out three to five large hoops (fruit baskets) around the edge of the playing area. Scatter coloured beanbags randomly throughout the playing area. Teacher calls 'Oh no! All the fruit fell out of the basket'. Invite pupils to pick up one piece of fruit at a time and to throw it into the baskets. Invite pupils to call out the name of the fruit they are throwing into the basket. All pupils work together to clear the area as quickly as possible.



Variations

- Arrange the pupils in groups, one per hoop and count how many each group collect.
- Use cones to make a large square around each hoop as a no-go zone. Pupils must throw the beanbag into the hoop from outside the square, thus focusing on throwing accuracy.
- Pupils must jump over three items of fruit before they can pick one up.

Equipment

An open playing area, beanbags or foam balls, hoops, cones



- Ensure adequate space to throw and pick up a beanbag to minimise collisions.



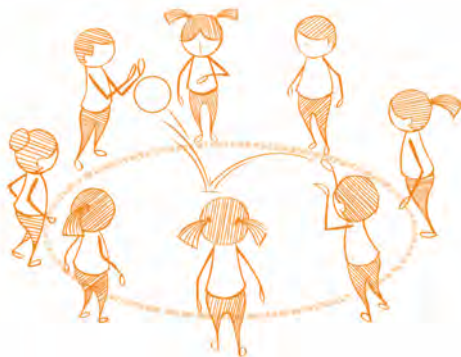
- Set up targets at home using pieces of paper, old bottles, or chalk drawings on a wall or pavement. Practise throwing to the targets.



fóirne • fonsa • a chomhaireamh • cearnóg • málaí pónaireí • cruinneas chaithimh

Description of Activity

Arrange pupils in groups of eight and invite them to form a circle with one ball per circle. One pupil (the leader) begins with the ball and throws the ball across the circle to another pupil. This pupil catches the ball and throws it to another pupil in the circle. This continues until every pupil in the circle has thrown the ball. The last pupil then returns the ball to the leader. This is the pattern for the circle. Invite each circle to repeat this pattern again. Invite all the circles to compete against each other to see who can complete their pattern the quickest. Introduce a second ball which may be thrown once the first ball has left the leader's hands.



Variations

- Use a variety of throwing techniques including chest pass, bounce pass or overhead pass.
- Vary the type of ball used, e.g. beanbag, rugby ball or tennis ball.
- Increase or decrease the size of the circle to vary the distance of the throw.
- Increase the amount of balls in each circle.

Equipment

An open playing area, balls



- Encourage pupils to call the name of the pupil to whom they are throwing the ball.
- Encourage each pupil to place their hands behind their back once they have thrown the ball to show they have had a turn.
- Pause the activity at intervals to focus on the teaching points for throwing 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 throwing action during the activity.



- Practise throwing a ball to a partner at home.



grúpaí de seisear • treoracha an mhúinteora • liathróidí a chaitheamh • an treo eile • smacht ar an dá liathróid • triúr

Description of Activity

Pupils work in pairs, one throwing and the other counting. The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds. For safety reasons ensure that groups are spaced at least three metres apart.



Variations

- Vary the size of the ball to increase or decrease difficulty.
- Vary the type of throw required, e.g. throw and catch with the left hand only, right hand only, throw with one hand and catch with two, etc.
- Work with a partner taking every second throw and catch.
- Increase the distance from the wall.

Equipment

tennis balls



- Discuss safety with pupils and ensure there is an adequate distance between each group.
- Pause the activity at intervals to focus on the teaching points for throwing 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 throwing action during the activity.



- Practise the Tennis Ball Challenge at home. Invite a family member to complete the challenge while you time them, and then swap roles.



i mbeirteanna • ag caitheamh • ag comhaireamh • in aghaidh an balla • taobh thiar

Description of Activity

Pupils work in groups of four with one ball per group. Set out a straight line of spot markers at five metre intervals for each group. The ball begins at the first spot marker and is thrown to the next pupil at the second marker, who in turn catches and throws it to the third spot marker. When the ball reaches the fourth spot marker that pupil must run back to the first spot marker and repeat the process.

As the ball is being returned to the first spot marker, each pupil moves forward to the next cone. Groups can compete against the clock or other groups. The ball must be thrown to each marker and cannot skip a marker if the ball drops.



Variations

- Vary the throwing technique used, e.g. roll, bounce, chest pass or overarm pass.
- Vary the throwing arm used.
- Increase the distance between the spots.
- Vary the locomotor skill between spots, e.g. hopping, skipping or running.

Equipment

An open playing area, tennis balls, spot markers



- Encourage pupils to pass the ball for accuracy rather than throwing as hard as possible.
- Use two hands to catch initially and progress to one.
- Pause the activity at intervals to focus on the teaching points for throwing 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 throwing action during the activity.



- Play Relay Throwing Race at home with some family members.



- liathróid amháin an ghrúpa • céad cóin • ag caitheamh • liathróid a ghabháil • an ceathrú cón • rith ar ais

Description of Activity

Pupils work in pairs (A and B) with one ball per pair. Set out a straight line of cones across the hall at zero metres, one metre, ten metres and eleven metres. Pupils begin at zero and their partner stands at the eleven metre cone. To begin pupil A moves forward towards the one metre cone and throws to their partner. Pupil B catches the ball, moves forward and throws from the ten metre cone. After the ball is thrown, each pupil returns to their starting cone. The one metre gap is to encourage leg movement and the creation of momentum. Pairs can compete to catch as many as possible in a row.



Variations

- Vary the throwing technique, e.g. roll, bounce pass, chest pass or overarm pass.
- Vary the throwing arm each time.

Equipment

An open playing area, tennis balls, cones



- There must be enough distance to ensure a full body movement is required to reach their partner.
- Focus on body positioning and moving into the path of the ball.



- Practise throwing for distance at home. Measure how far you can throw using footsteps. Take note of this in your PE journal, and see if you can increase this distance by practising every day for one week.



i mbeirteanna • líne de chóin • a chaitheamh • móiminteam

Description of Activity

This activity is a variation of olympic handball. Arrange pupils in two teams. Invite one pupil from each team to stand on a bench at the opposite end of the hall. To score, a pupil must throw the ball to their teammate on the bench. The scorer then swaps position with this pupil. Pupils are allowed to move a maximum of two steps whilst holding the ball. Pupils may block the ball but may not tackle another pupil.



Variations

- Introduce a basketball and apply some of the basic basketball rules.
- Invite pupils standing on the bench to perform a balance.
- Vary the locomotor skill used to move within the playing area, e.g. skipping, hopping, walking, etc.
- Set up two smaller activities to maximise opportunities for throwing.

Equipment

An open playing area, two hoops, one large soft ball, two benches



- Encourage the pupil standing on the bench to move carefully from left to right.
- Encourage pupils to use a variety of throwing techniques, e.g. high, low, bounce, or chest pass.
- Introduce rules to ensure inclusiveness, e.g. everyone must receive a pass before scoring, a new pupil must score each time.



- Find a large bag or box at home. Practise throwing soft objects such as rolled-up socks or teddy bears into the bag or box. Invite a family member to play with you.



liathróid lámhe Oilimpeach • dhá fhoireann • fonsa • scórálaí • dhá chéim

Description of Activity

Arrange pupils in pairs. Invite each pair to find a space within the playing area with a beanbag per pair. When the teacher calls 'pass', pupils jog around the area passing the beanbag to each other. When the teacher calls 'tag', pupils holding the beanbag chase their partner trying to tag them with it. Once they tag their partner, pupils resume passing until the teacher calls 'tag' again.



Variations

- Introduce a competitive element. When 'tag' is called, see who can evade their partner for the longest time.
- Vary the locomotor skill used to move around the area, e.g. hopping or skipping only.
- Use a countdown timer and if pupils can evade their partner for a set time, then their partner must perform a forfeit, e.g. five star jumps.

Equipment

An open playing area, beanbags



- Ensure pupils keep their heads up and eyes open when chasing.
- Between each round of the activity reinforce at least one teaching point of throwing.



- Practise your overarm throwing technique at home. Invite a family member to play with you and give them feedback on their throwing technique.



i mbeirteanna • málaí pónairí a phasáil • cluiche tóraíochta

Description of Activity

Arrange pupils in groups of six with four soft balls per group. Use cones to set out multiple rectangular playing areas (six metres by ten metres) with two groups in each area standing on their line. Mark out the halfway line of each rectangle using cones. Place a hoop at the end of each area. The aim of the activity is for each group to throw balls at the opposing group in an attempt to hit an opponent below the hip - a higher strike doesn't count. If a pupil is hit, they leave the playing area and make their way to the rescue hoop at the back of their opponents area. To return to the activity pupils in the rescue hoop must catch a ball thrown by their teammate. The activity is over when a group has five pupils in the rescue hoop.



Variations

- Use different types of balls, e.g. large beach balls, dodge balls or soft foam balls, etc.
- Vary the throw performed, e.g. overarm, underarm, two handed or one handed.
- Include more than one rescue hoop for each group.
- Vary the activity to make it non-contact by using set targets such as cones or skittles instead of human targets.

Equipment

An open playing area, soft balls, hoops, cones



- Pupil safety is key to successfully playing this activity. Stress that pupils may only be struck on the leg with a ball and if necessary introduce a yellow card system for pupils that hit a classmate above the waist.
- 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 pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the throwing action during the activity.



- If you are watching TV tonight, practise throwing and catching a beanbag or rolled up pair of socks with a family member, or by yourself during the ad break. How many different ways can you throw and catch the beanbag? Draw them down in your PE journal.



cúigear nó seisear • fonsa • liathróidí a chaitheamh • daltaí a bhualadh • faoi na cromáin