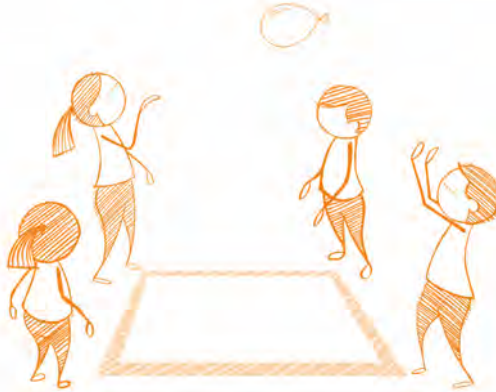




## Description of Activity

Arrange pupils in groups of four and invite them to stand in a square. Provide each group with a balloon and challenge them to keep the balloon in the air for as long as possible, by only striking the balloon when jumping. The strike must be overhand with an open palm or the finger tips.



## Variations

- When pupils are comfortable with the activity introduce a volleyball and challenge the groups to keep it in the air for as long as possible using an overhand or underhand strike.
- Use this activity as an introduction to volleyball by introducing a net.
- Provide pupils with the opportunity to practise this on their own using a wall.

## Equipment

An open playing area, one balloon per three to four pupils



- Encourage each pupil to call out their name if they intend to touch the balloon next.
- Ensure groups are well spread out to prevent collisions.
- When introducing volleyball the teacher plays an important role to ensure any developments suit the ability of the group. Continuously monitor the activity to ensure pupils are achieving the tasks presented.



- In your PE journal, design a game that you can play with a balloon.



triúr nó ceathrar • ag seasamh i gciorcail • balún a choiméad san aer • léim



## Description of Activity

Arrange pupils in pairs (A and B) with a basketball or soft bouncy ball per pair. Invite pupils to position themselves behind a line of cones at one end of the yard or hall. Pupil A dribbles the ball down the hall to the other side, throws it against the wall, catches it again. They then dribble back and pass to their partner. Pupil B then repeats the action. The process continues for a set period of time with pupils counting the runs they make. The aim is to make as many runs as possible in the allocated time.



## Variations

- Increase the difficulty by setting up targets at the other end of the hall, e.g. markings on the wall or a basketball backboard.
- Place cones randomly throughout the playing area for pupils to avoid.

## Equipment

An open playing area, small beach balls or soft balls, a large bucket or bin



- **Remind pupils to be aware of other pupils while playing this activity.**
- **Encourage pupils to use gentle touches to control the ball.**
- **Pause the activity at intervals to focus on the teaching points for striking with the hand 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.**



- **In your PE journal, draw a picture of yourself dribbling a basketball.**



**i mbeirteanna • liathróid trá • a bhualadh • an taobh eile den bpáirc • isteach sa bhucéad • má thiteann sé • tosaigh arís**

## Description of Activity

Pupils are invited to find their own space within the playing area with a ball each. The activity involves four actions:

- Volley the ball upwards in front of the body
- Volley the ball high above the head
- Volley the ball while kneeling down
- Dribble the ball on the ground.

Allow pupils time to practise the four actions before the activity begins. To play the activity the teacher calls various combinations of the four actions for pupils to perform. Pupils must execute the actions without dropping or losing control of their ball at any time.



## Variations

- Vary the objects used to increase or decrease difficulty, e.g. large light footballs, beach balls or volleyballs.
- Introduce music and invite pupils to volley in time to the music.
- Invite pupils to work in pairs or groups.

## Equipment

A hall or large enclosed playing area, large soft balls, rope or net



- **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, 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.**



- **Practise volleying a ball (or rolled-up pair of socks) at home. Count how many volleys you can do in a row. Record the number in your PE journal.**



- **daltaí • ar na glúine • eitleog a bhualadh • gan ligint don liathróid títim • treoracha an mhúinteora**



## Description of Activity

Arrange pupils in pairs with a sponge ball and a towel (pupil's jumpers will suffice) per pair. Invite each pair to find their own space in the playing area. The pair hold the towel between them and balance the sponge ball on top. Each pair must coordinate their movement to lift the towel and flick the ball into the air and catch it again on its return. Challenge pupils to flick the ball as high as possible in the air but focus should be placed on tracking and catching the ball.



## Variations

- A different sized ball may be used, e.g. a tennis ball, as skill levels increase.
- Pupils may attempt the task from a high-kneeling or sitting position.
- Pupils can include a movement whilst the ball is in the air, e.g. perform a star jump.
- Remove the towel and attempt to strike in turns using the hand only.

## Equipment

A confined area, size 3 soft balls or sponge balls, towels (jumpers)



- Ensure pupils have enough room in the playing area to move safely.
- Pupils should be reminded to keep their eyes on the ball.



- Practise this activity at home with a family member using a t-shirt and a rolled up pair of socks.



i mbeirteanna • liathróid spúinse • tuáille • gluaiseachtaí a chomhordú

## Description of Activity

Arrange pupils in pairs or groups of four with a sponge ball and a towel (pupil's jumpers will suffice) per group. Pupils hold the towel between them and the sponge ball is balanced on the towel. Each group must coordinate their movement to lift the towel and flick the ball, catching it on its return. A hoop is placed at the far end of the hall. Groups must transport their ball to the hula hoop and flick it in.

Pupils may only move when the ball is in the air and so must flick it in the direction of the target hoop rather than straight up. If the ball hits the ground pupils must go back to where they previously had a successful catch. A series of short, controlled flicks is advisable instead of chasing after a long flick.



## Variations

- A different sized ball may be used as skill levels improve, e.g. a tennis ball.
- The final move should entail striking the ball with the hand downwards into the hoop.
- Develop the activity to striking the ball with the hand. Play as a relay where each member of the group has a ball, must strike with the hand (or bounce) down the hall to the hoop then come back to tag a teammate.

## Equipment

Size 3 soft balls or sponge balls, towels (jumpers), hoops



- Ensure pupils have enough room in the playing area to move safely.
- 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, 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.



- Practise this activity at home. Set up targets (such as boxes or baskets) and flick a rolled up pair of socks into the targets.



liathróid spúinse • tuáille • fonsa mar thargaid • liathróid a ghluaiseacht

## Description of Activity

Arrange pupils in groups of four and allocate each group five metres of wall space. Draw a line (using chalk or tape) on the wall one metre up from the ground in each playing area. Place a spot marker on the ground three metres back from the wall as the starting (serving) point. In each group play a two versus two activity with one light bouncy ball. To begin the activity the server must strike the ball with their hand off the wall above the one metre mark and the ball must land within the playing area. When the ball returns from the wall the opposing group must return the ball in the same fashion. The aim of the activity is not competitive, rather it is to maintain a rally for as long as possible.



## Variations

- Introduce a different sized ball, e.g. a tennis ball or soft dodgeball.
- Introduce a rule whereby pupils are only permitted to use their non-dominant hand.
- Introduce a competitive element allowing one bounce before the ball must be returned.

## Equipment

A hall or large enclosed hard playing surface, footballs, spot markers



- Ensure there is adequate space between the groups.
- Pupils should be reminded to keep their eyes on the ball at all times, assume a low stable body position and strike the ball with the palm of their hand.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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.



- Practise striking a ball against a wall. Count how many times you can strike it against the wall before it touches the ground.



dhá fhoireann de bheirt • liathróid éadrom • spota 3 mhéadar ón mballa • bualadh leis an lámh • babhta imeartha

## Description of Activity

Arrange pupils in pairs (A and B) with one basketball and one hoop per pair. Pupils place the hoop on the ground between them. Pupil A dribbles the basketball on the spot and when they are ready, they bounce pass the ball to their partner by bouncing it into the hoop. Pupil B continues to dribble and then bounces the ball into the hoop back to partner A again. Progress to bouncing it back immediately with either hand.



## Variations

- To simplify the activity, invite pupils to catch the ball and reset, or throw the ball into the hoop rather than bounce it.
- Introduce the use of the non-dominant hand only.
- Try the activity while hopping on one leg only.

## Equipment

An open playing area, basketballs, hoops



- Ensure there is adequate space between the groups.
- Encourage pupils to bounce the ball with enough force so that it reaches hip height.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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.



- Practise dribbling a ball at home.



- i mbeirteanna • liathróid cispheile • fonsa • druibleáil • bualadh leis an lámh  
• scór a bhaint amach

## Description of Activity

Pupils are given a basketball each and invited to find a space within a large open playing area. Invite three pupils to act as the taggers. On a signal, pupils begin dribbling their basketball around the area. On a second signal, taggers attempt to tag pupils by touching them on the trunk of their body. If a pupil is tagged they must stand with feet wide apart and do a figure of eight with the basketball between their legs before they can move again.

Switch taggers regularly.



## Variations

- If pupils drop the basketball or catch it when dribbling they must freeze as if tagged.
- Provide taggers with a basketball to make the role of tagger more challenging.
- Invite pupils to perform a balance when caught and receive a pass to be set free.

## Equipment

A hall or hard surfaced playing area, basketballs, and bibs



- Encourage pupils to protect their ball by holding their non-dribbling hand out to the side.
- Pause the activity at intervals to focus on the teaching points for striking with the hand 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.



- Play Dribble Tag in the yard.



beirt thóraf • liathróid cispheile • druibleáil • seasamh • a phreabadh idir na cosa