

Description of Activity

Arrange pupils in groups of five to ten depending on the variation used. Pupils form a line down the hall with the first pupil in the line holding a beanbag. The aim of the activity is to move the beanbag down the line from pupil to pupil using various instructions. Some of these could include throwing:

- with your dominant hand only
- with your non-dominant hand only
- with both hands
- over your left shoulder
- over your right shoulder
- between your legs
- with your eyes closed.

The focus of this activity is catching, not throwing. Ensure focus is placed on the teaching points of catching.



Variations

- Allow pupils to practise non-competitively before introducing speed.
- Run the activity from one end of the playing area to the other. Pupils must space themselves accordingly and if a beanbag hits the ground it must go back to the start.
- Give each group five beanbags. See how long it takes them to get all five to the other end.

Equipment

An open playing area, beanbags, cones



- Ensure there is enough space and enough beanbags to facilitate the activity. Group size is also important. Make the groups smaller where possible to allow pupils as many opportunities to catch as possible.



- Invite a family member/friend to catch for you. Check to see if they are bending their elbows to absorb the impact.



fóirne • líne sa halla • málaí pónairí • lámh cheannasach • dhá lámh • thar do ghualainn • idir na cosa