

Description of Activity

Arrange pupils in pairs (A and B) with a ball and two cones per pair. They begin standing one metre apart with a cone at their feet. Pupil B throws a ball and pupil A attempts to catch it and throw it back. If the catch is successful, pupil B picks up their cone and steps back one metre and repeats. Increase the distance as far as the throw and catch is comfortable. Pairs switch after a given time or distance is reached.



Variations

- Vary the type of ball used and whether to catch with one or two hands.
- Introduce a single leg balance while catching.

Equipment

An open playing area, tennis balls, cones



- Pupils are reminded to aim for a small part of the body. “Aim small, miss small”, e.g. aim at the chest, chin or belly button.



- Practise throwing and catching a ball against a wall, while balancing on one leg.



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