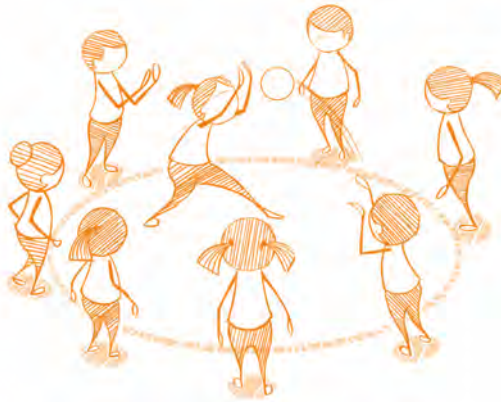




Description of Activity

Arrange pupils in three even sized circles. One pupil starts in the centre of each circle as a defender. In each circle, invite pupils to pass a ball to each other without speaking and concentrate on where the ball is being thrown around the circle. The defender's role is to intercept the pass. If a pupil drops the ball or throws an unfair pass to another pupil they move to the middle of the circle and take the role of the defender.



Variations

- Add a second ball to make the activity more challenging.
- Add extra defenders.
- Increase the space and vary the manipulative skill being used, e.g. kicking.

Equipment

An open playing area, balls of various sizes



- Monitor the amount of time pupils spend in the centre of the circle and ensure nobody spends too long in the role of defender.
- Pause the activity at intervals to offer feedback on a given teaching point.



- Communication is an essential component of sport and physical activity. In this activity you are not permitted to speak. In sports, how can you communicate with your teammates without speaking? Draw some ideas in your PE journal.



cosantóir • sa lár • gan cainte • díriú isteach ar an liathróid • má thiteann an liathróid • pas a sciobadh