

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.



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