

Description of Activity

Arrange pupils in groups of six with four soft balls per group. Use cones to set out multiple rectangular playing areas (six metres by ten metres) with two groups in each area standing on their line. Mark out the halfway line of each rectangle using cones. Place a hoop at the end of each area. The aim of the activity is for each group to throw balls at the opposing group in an attempt to hit an opponent below the hip - a higher strike doesn't count. If a pupil is hit, they leave the playing area and make their way to the rescue hoop at the back of their opponents area. To return to the activity pupils in the rescue hoop must catch a ball thrown by their teammate. The activity is over when a group has five pupils in the rescue hoop.



Variations

- Use different types of balls, e.g. large beach balls, dodge balls or soft foam balls, etc.
- Vary the throw performed, e.g. overarm, underarm, two handed or one handed.
- Include more than one rescue hoop for each group.
- Vary the activity to make it non-contact by using set targets such as cones or skittles instead of human targets.

Equipment

An open playing area, soft balls, hoops, cones



- Pupil safety is key to successfully playing this activity. Stress that pupils may only be struck on the leg with a ball and if necessary introduce a yellow card system for pupils that hit a classmate above the waist.
- Pause the activity at intervals to focus on the specific teaching points for throwing 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 throwing action during the activity.



- If you are watching TV tonight, practise throwing and catching a beanbag or rolled up pair of socks with a family member, or by yourself during the ad break. How many different ways can you throw and catch the beanbag? Draw them down in your PE journal.



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