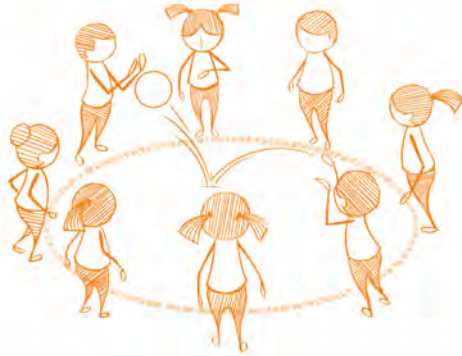


Description of Activity

Arrange pupils in groups of eight and invite them to form a circle with one ball per circle. One pupil (the leader) begins with the ball and throws the ball across the circle to another pupil. This pupil catches the ball and throws it to another pupil in the circle. This continues until every pupil in the circle has thrown the ball. The last pupil then returns the ball to the leader. This is the pattern for the circle. Invite each circle to repeat this pattern again. Invite all the circles to compete against each other to see who can complete their pattern the quickest. Introduce a second ball which may be thrown once the first ball has left the leader's hands.



Variations

- Use a variety of throwing techniques including chest pass, bounce pass or overhead pass.
- Vary the type of ball used, e.g. beanbag, rugby ball or tennis ball.
- Increase or decrease the size of the circle to vary the distance of the throw.
- Increase the amount of balls in each circle.

Equipment

An open playing area, balls



- Encourage pupils to call the name of the pupil to whom they are throwing the ball.
- Encourage each pupil to place their hands behind their back once they have thrown the ball to show they have had a turn.
- Pause the activity at intervals to focus on the 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.



- Practise throwing a ball to a partner at home.



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