



THLETICS

**Description of Activity** 

Set out three to five large hoops (fruit baskets) around the edge of the playing area. Scatter coloured beanbags randomly throughout the playing area. Teacher calls 'Oh no! All the fruit fell out of the basket'. Invite pupils to pick up one piece of fruit at a time and to throw it into the baskets. Invite pupils to call out the name of the fruit they are throwing into the basket. All pupils work together to clear the area as quickly as possible.



## **Variations**

- Arrange the pupils in groups, one per hoop and count how many each group collect.
- Use cones to make a large square around each hoop as a nogo zone. Pupils must throw the beanbag into the hoop from outside the square, thus focusing on throwing accuracy.
- Pupils must jump over three items of fruit before they can pick one up.

## Equipment

An open playing area, beanbags or foam balls, hoops, cones



 Ensure adequate space to throw and pick up a beanbag to minimise collisions.



 Set up targets at home using pieces of paper, old bottles, or chalk drawings on a wall or pavement. Practise throwing to the targets.



fóirne • fonsa • a chomhaireamh • cearnóg • málaí pónairí • cruinneas chaithimh