

Description of Activity

Pupils work in groups of four with one ball per group. Set out a straight line of spot markers at five metre intervals for each group. The ball begins at the first spot marker and is thrown to the next pupil at the second marker, who in turn catches and throws it to the third spot marker. When the ball reaches the fourth spot marker that pupil must run back to the first spot marker and repeat the process.

As the ball is being returned to the first spot marker, each pupil moves forward to the next cone. Groups can compete against the clock or other groups. The ball must be thrown to each marker and cannot skip a marker if the ball drops.



Variations

- Vary the throwing technique used, e.g. roll, bounce, chest pass or overarm pass.
- Vary the throwing arm used.
- Increase the distance between the spots.
- Vary the locomotor skill between spots, e.g. hopping, skipping or running.

Equipment

An open playing area, tennis balls, spot markers



- Encourage pupils to pass the ball for accuracy rather than throwing as hard as possible.
- Use two hands to catch initially and progress to one.
- 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.



- Play Relay Throwing Race at home with some family members.



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