

Description of Activity

Pupils work in pairs (A and B) with one ball per pair. Set out a straight line of cones across the hall at zero metres, one metre, ten metres and eleven metres. Pupils begin at zero and their partner stands at the eleven metre cone. To begin pupil A moves forward towards the one metre cone and throws to their partner. Pupil B catches the ball, moves forward and throws from the ten metre cone. After the ball is thrown, each pupil returns to their starting cone. The one metre gap is to encourage leg movement and the creation of momentum. Pairs can compete to catch as many as possible in a row.



Variations

- Vary the throwing technique, e.g. roll, bounce pass, chest pass or overarm pass.
- Vary the throwing arm each time.

Equipment

An open playing area, tennis balls, cones



- There must be enough distance to ensure a full body movement is required to reach their partner.
- Focus on body positioning and moving into the path of the ball.



- Practise throwing for distance at home. Measure how far you can throw using footsteps. Take note of this in your PE journal, and see if you can increase this distance by practising every day for one week.



i mbeirteanna • líne de chóin • a chaitheamh • móiminteam