

Description of Activity

Draw or stick target areas at various heights on a wall. Points should be placed in the centre of each target from one to five. Arrange pupils in groups of three or four. Pupils are given a score to achieve, e.g. ten. Groups must hit the targets on the wall to achieve that score.



Variations

- Use this activity to practise throwing or striking with an implement.
- Vary the numbers on the target, or the overall target score.
- Time the activity and invite pupils to beat their highest score on the second attempt.
- Pupils can achieve double points by attempting a score with their non-dominant foot.

Equipment

A large open playing area, large balls, cones or spot markers, tape/chalk



- Ensure groups are adequately spaced and there are no hazards in the playing area.
- Pause the activity at intervals to focus on the teaching points for kicking 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 kicking action during the activity.



- Demonstrate the teaching points of kicking that you learned today for somebody at home.



- spotáí tarraingte • triúr nó ceathrar • i gcoinne • scór a bhaint amach • liathróid • ciceáil