

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

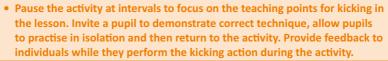
- Use this activity to practise throwing or striking with an implement.
- Vary the numbers on the target, or the overall target score.
- Time the activity and invite pupils to beat their highest score on the second attempt.
- Pupils can achieve double points by attempting a score with their non-dominant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





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



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