

Description of Activity

Use seven cones to set out a large circle, as large as the playing area allows. Number the cones one to seven. Arrange pupils in equal groups with about eight pupils in each group (vary the numbers and cones to suit your class group). Number pupils in each group one to eight. Invite pupils to stand at the cone that matches their number, so pupil one stands at cone one and so on. There will be more than one pupil at each cone depending on how many groups there are. The eighth pupil in each group takes a ball. Invite these pupils to stand at different cones, e.g. cones one, three, five and seven (to spread them out). They start the activity by kicking the ball to the pupil in their group that is standing at the next cone, and running to take their space. The pupil that receives the ball then kicks it to the pupil in their group who is standing at the next cone, and again runs to take their place. The activity is completed when all pupils are back to their original starting places, and the ball has travelled around the circle seven times.



Variations

- Give different coloured bibs to each group to make it easier to see who is on which group.
- If the playing area allows, have three or four individual circles, instead of having all pupils moving around the same circle.
- Decrease the number of pupils in each group.
- Use different types of balls, e.g. tennis ball, rugby ball, gaelic football, soccer ball and a variety of kicks, e.g. kicking from the hand, kicking off either foot.

Equipment

An open playing area, cones, footballs



- At first, pupils can perform the activity at a jog, and once comfortable encourage them to run.



- In your PE journal, draw a picture of a sports star who uses kicking as part of their sport.



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