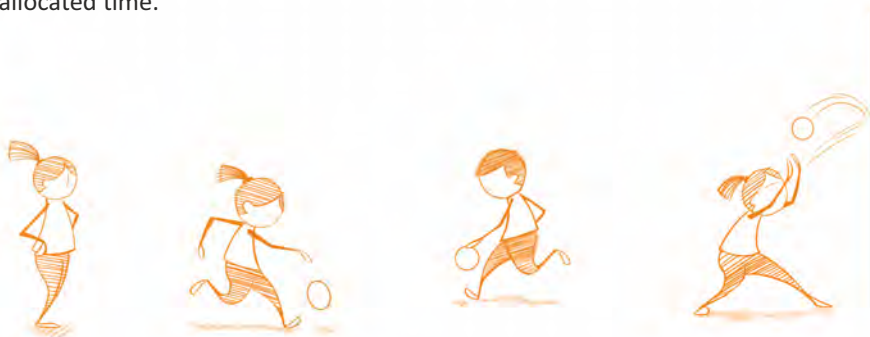


Description of Activity

Arrange pupils in pairs (A and B) with a basketball or soft bouncy ball per pair. Invite pupils to position themselves behind a line of cones at one end of the yard or hall. Pupil A dribbles the ball down the hall to the other side, throws it against the wall, catches it again. They then dribble back and pass to their partner. Pupil B then repeats the action. The process continues for a set period of time with pupils counting the runs they make. The aim is to make as many runs as possible in the allocated time.



Variations

- Increase the difficulty by setting up targets at the other end of the hall, e.g. markings on the wall or a basketball backboard.
- Place cones randomly throughout the playing area for pupils to avoid.

Equipment

An open playing area, small beach balls or soft balls, a large bucket or bin



- **Remind pupils to be aware of other pupils while playing this activity.**
- **Encourage pupils to use gentle touches to control the ball.**
- **Pause the activity at intervals to focus on the teaching points for striking with the hand 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 striking action during the activity.**



- **In your PE journal, draw a picture of yourself dribbling a basketball.**



i mbeirteanna • liathróid trá • a bhualadh • an taobh eile den bpáirc • isteach sa bhucéad • má thiteann sé • tosaigh arís