

Description of Activity

Pupils are invited to find their own space within the playing area with a ball each. The activity involves four actions:

- Volley the ball upwards in front of the body
- Volley the ball high above the head
- Volley the ball while kneeling down
- Dribble the ball on the ground.

Allow pupils time to practise the four actions before the activity begins. To play the activity the teacher calls various combinations of the four actions for pupils to perform. Pupils must execute the actions without dropping or losing control of their ball at any time.



Variations

- Vary the objects used to increase or decrease difficulty, e.g. large light footballs, beach balls or volleyballs.
- Introduce music and invite pupils to volley in time to the music.
- Invite pupils to work in pairs or groups.

Equipment

A hall or large enclosed playing area, large soft balls, rope or net



- **Pause the activity at intervals to focus on the specific 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.**



- **Practise volleying a ball (or rolled-up pair of socks) at home. Count how many volleys you can do in a row. Record the number in your PE journal.**



- **daltaí • ar na glúine • eitleog a bhualadh • gan ligint don liathróid títim • treoracha an mhúinteora**