

## Description of Activity

Arrange pupils in pairs with a sponge ball and a towel (pupil's jumpers will suffice) per pair. Invite each pair to find their own space in the playing area. The pair hold the towel between them and balance the sponge ball on top. Each pair must coordinate their movement to lift the towel and flick the ball into the air and catch it again on its return. Challenge pupils to flick the ball as high as possible in the air but focus should be placed on tracking and catching the ball.



## Variations

- A different sized ball may be used, e.g. a tennis ball, as skill levels increase.
- Pupils may attempt the task from a high-kneeling or sitting position.
- Pupils can include a movement whilst the ball is in the air, e.g. perform a star jump.
- Remove the towel and attempt to strike in turns using the hand only.

## Equipment

A confined area, size 3 soft balls or sponge balls, towels (jumpers)



- Ensure pupils have enough room in the playing area to move safely.
- Pupils should be reminded to keep their eyes on the ball.



- Practise this activity at home with a family member using a t-shirt and a rolled up pair of socks.



i mbeirteanna • liathróid spúinse • tuáille • gluaiseachtaí a chomhordú