

Description of Activity

Arrange pupils in pairs or groups of four with a sponge ball and a towel (pupil's jumpers will suffice) per group. Pupils hold the towel between them and the sponge ball is balanced on the towel. Each group must coordinate their movement to lift the towel and flick the ball, catching it on its return. A hoop is placed at the far end of the hall. Groups must transport their ball to the hula hoop and flick it in.

Pupils may only move when the ball is in the air and so must flick it in the direction of the target hoop rather than straight up. If the ball hits the ground pupils must go back to where they previously had a successful catch. A series of short, controlled flicks is advisable instead of chasing after a long flick.



Variations

- A different sized ball may be used as skill levels improve, e.g. a tennis ball.
- The final move should entail striking the ball with the hand downwards into the hoop.
- Develop the activity to striking the ball with the hand. Play as a relay where each member of the group has a ball, must strike with the hand (or bounce) down the hall to the hoop then come back to tag a teammate.

Equipment

Size 3 soft balls or sponge balls, towels (jumpers), hoops



- Ensure pupils have enough room in the playing area to move safely.
- 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 this activity at home. Set up targets (such as boxes or baskets) and flick a rolled up pair of socks into the targets.



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