



Curriculum Objectives

Strand Unit: Sending, receiving and travelling

- Begin to develop ball-handling skills using beanbag activities.
- Throwing and catching, individually and in pairs.
- Throwing to a target.

Strand Unit: Creating and playing games

- Playground game to encourage cooperation.

Strand Unit: Understanding and appreciation of games

- Develop problem-solving and decision-making strategies:
 - watch the flight of the beanbag through the air before receiving it.

Move up a level

Venue

- Yard/hall.

PSSI Homepage

Equipment

- Whistle, beanbags, hoops and cones.

Reference

- Primary School Curriculum (1999) Physical Education, page 21.
- Buntús Card: Throwing and Catching – On Your Own.



ORGANISATION

Each child has a beanbag and works individually.

ACTIVITY

Warm up and stretching: Visit your warm up bank.

1 Individual activities

(a) **Pass the bag**

- Pass the bag from hand to hand, around the neck, waist, two legs, one leg.
- Pass the bag over the shoulder to the hand, behind the back;
- Sit on the floor, bend one knee, pass bag over and under raised knee. Alternate leg.

(b) **Throw the beanbag and catch**

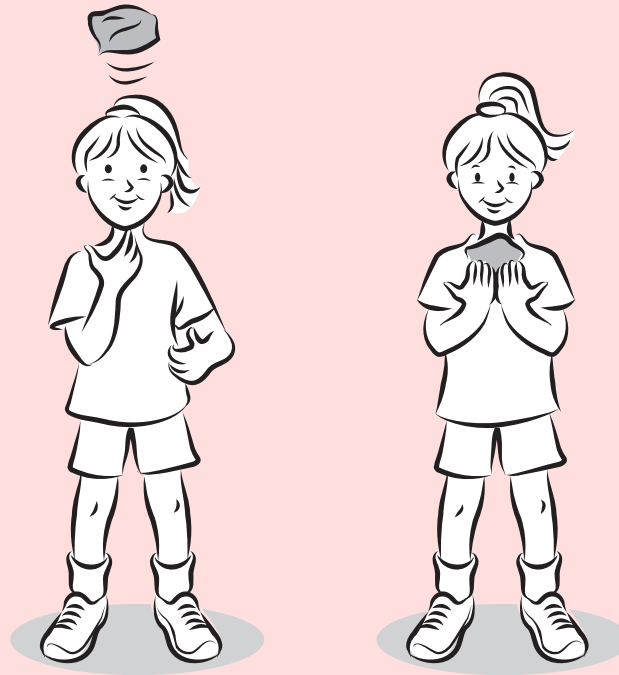
- Throw the bag upwards and catch it with both hands.
- Throw the bag upwards and catch it five to ten times in succession.

(c) **Throw and clap before catching**

Ask the children to count the claps.

(d) **Throw the beanbag and touch a part of your body before catching**

The children touch the head/shoulder/nose/cheek/chest/elbow.



TEACHING POINTS

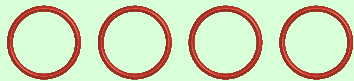
- Grasp the bag firmly.
- Reach the hands upwards, bend elbows, tucking them into the chest and cup the hands (form a cradle) as you catch the falling bag.
- Keep your eyes on the bag.
- As skill improves, throw the beanbag higher.

ORGANISATION

The children line up in pairs for the target throw (a), standing one metre apart with one beanbag per pair.



Move the children in their pairs two metres apart for the target throw into a hoop (b). Place a hoop between each pair.



ACTIVITY

2 Pair activities

(a) **Target throw**

Throw to land the beanbag:

- in front of your partner's feet
- at the side of your partner's feet.

(b) **Target throw into a hoop**

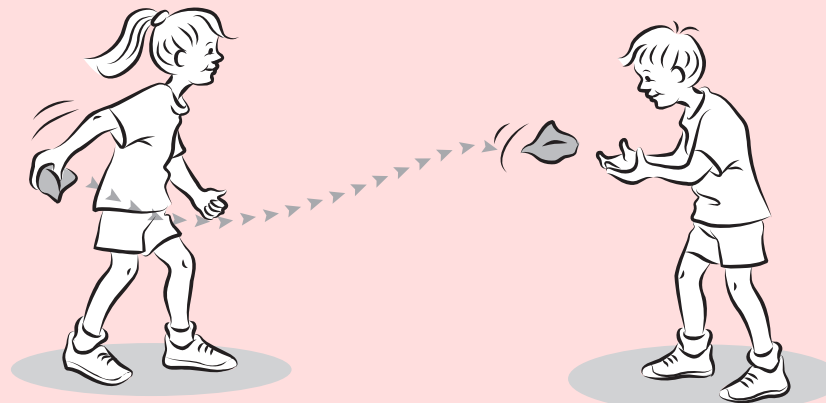
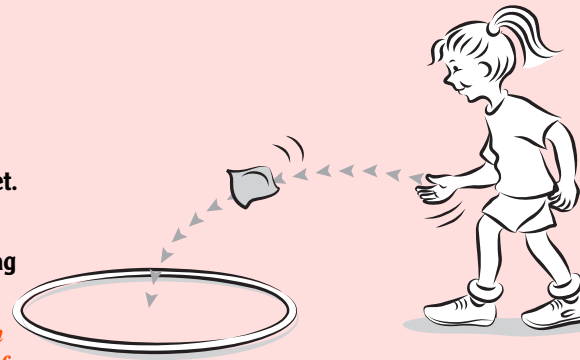
In turn, each child throws the beanbag underarm into the hoop.

**Challenge* – How many times can you get the bag into the hoop out of three attempts?*

(c) **Throw in pairs**

Throw the beanbag to a partner. The sender throws the bag underarm for distance. Partner catches it and returns.

**Challenge* – How many catches can each pair make without dropping the bag?*



3 Concluding activity

Game: scatter a beanbag (see warm up bank).

4 Cool down

Visit your cool down bank.

TEACHING POINTS

This is an exercise in throwing for distance. The teacher should demonstrate this to illustrate the difference between throwing for height and throwing for distance.

- Throw using an underarm action.
- Hold the beanbag in one hand and release it with a forward arm action.
- Fingers follow the bag as it is released.
- Keep your eyes on the target.
- The receiver makes a **cradle** at chest level and watches the flight of the bag. The sender should not throw until the receiver has made a cradle to catch.
- Encourage the children to move to receive and throw.
- Note the children with difficulties and move them closer together.

- Q** Can you remember what you must do to help you catch the beanbag?
- R** Watch the thrower.
- Q** What kind of a throw is best so that the beanbag will land in the hoop?
- R** A high dropping throw.

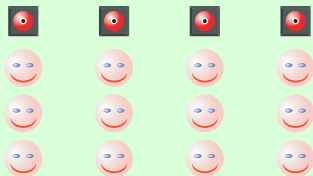
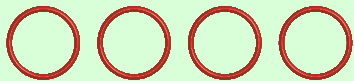
- Make sure the beanbags are well scattered.

DEVELOPMENT

ORGANISATION

Encourage the more skilful children to walk, jog or skip in different directions – forwards/sideways etc., while throwing the beanbag.

For the more skilful children, increase the distance between the pairs.



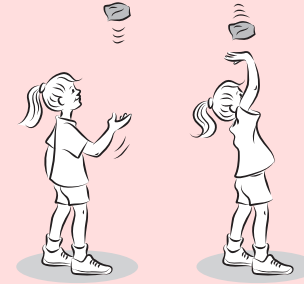
Place the children in teams of three and line up as shown. Each child has a beanbag. The cone marks the throwing point two metres away from the hoop.

ACTIVITY

1 Throw and catch above the head

- Stand and throw the bag underarm with the **right** hand. Catch with the **right** hand.
- Stand and throw the bag in the air with the **right** hand. Catch with the **left** hand.

When catching the beanbag, the children should leave the arm in the air with the palm facing the ceiling, turn the wrist, with the fingers pointing backwards.



2 Throw and clap before catching

Increase the number of claps as coordination develops and improves.

3 Throw and touch a part of your body before catching

Use lower body parts, e.g. knee, foot. Last task: Touch the floor.

4 Throw in pairs

Challenge – *How many catches can each pair make without dropping the bag?*

5 Target throw: Competition time

Each team has a leader.

In turn, each child moves to the cone and throws the beanbag into the hoop and returns to the back of the line.

When all the teams have thrown, on a signal from the teacher, the leaders collect the bags and count the score, i.e. the number of bags in the hoop.

Now ask the children to make up their own target game.

TEACHING POINTS

- The throwing arm should be stretched upward.
- Having caught the beanbag, tighten the fingers around the bag.
- Increase the speed of the action as coordination improves. However, encourage accurate throwing and catching over speed.
- The children must take care to avoid each other.

- Encourage accuracy rather than speed.
- Alternate the leader.
- After each game place a larger cone behind the team that wins.