



Move up a level

PSSI Homepage

## Curriculum Objectives

### Strand Unit: Running

- Walk/jog in a non-competitive setting for extended periods:
  - follow a trail.
- Sprinting:
  - reaction activities.
- Relays:
  - participate in a pair relay using a beanbag.

### Strand Unit: Throwing

- Experiment with appropriate objects and methods of throwing aiming for height and distance:
  - throw beanbags;
  - throwing at a target.

### Strand Unit: Understanding and appreciation of athletics

- Develop an understanding of the basic rules of athletic events:
  - wait until your partner has returned before running in the pair relay.

## Venue

- Yard.

## Equipment

- Whistle, beanbags and cones.

## Reference

- Primary School Curriculum (1999) Physical Education, page 16.
- Buntús Cards: Introductory – Collecting the Beanbag.



## ORGANISATION

Lay out a **trail** of beanbags. Make some sections straight, other sections zigzag.

On a signal from the teacher, as they run, all the children pick up one beanbag and return to the side.

The children spread out into a space.

## ACTIVITY

**Warm up and stretching: Visit your warm up bank.**

### 1 Running over distance

The children run around the play area, following the trail of beanbags. Repeat the activity where individual children opt to walk or jog around the same course.

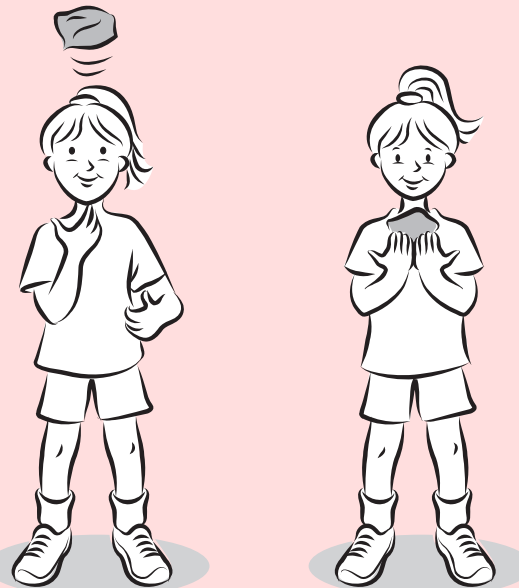
### 2 Throwing

Revise throwing activities from Games Strand, outlined below.

Each child stands and passes the beanbag around the waist, ankles, knees and neck.

Each child stands, throws the beanbag in the air and

- catches it with both hands
- claps once/twice and catches
- touches a part of the body and catches.



## TEACHING POINTS

- The children follow in line and could now be jogging a little more than 40 seconds – **passing out** is not allowed.
- The teacher uses discretion with this rule, if a line of children is putting pressure on any child it is probably best to allow them to pass.
- However, remind the children that the challenge is to keep jogging for the full time, not to sprint and/or stop before the time.

**Q** Do you know anyone who goes running?

**Q** How can we place our hands to catch the beanbag?

**R** Stretch our fingers upwards and make a catch by bringing our hands together as the bag falls. Make a **cradle** to catch it at chest level.

**Q** How do we make sure we know where the beanbag is in the air?

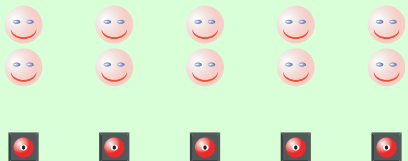
**R** Keep our eyes on the bag throughout.

## ORGANISATION

Teacher gives a hoop to every two children to place on the ground.

The children return hoops and beanbags to the side.

The children spread out around the area.

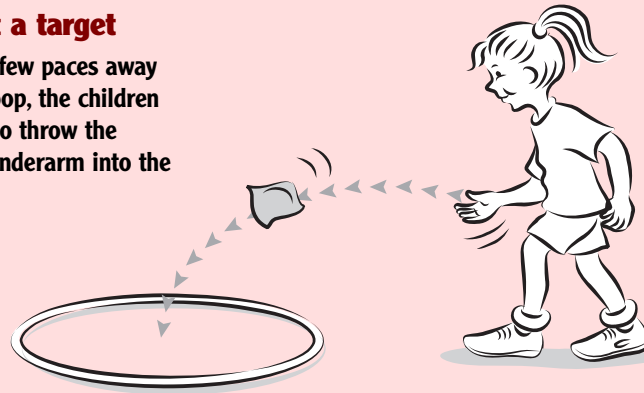


The children choose a partner. In pairs they line up along the length of the hall or yard. Place a cone opposite each, approximately ten metres away. Distribute a beanbag to **Number 1** of each pair.

## ACTIVITY

### 3 Throw at a target

Standing a few paces away from the hoop, the children take turns to throw the beanbags underarm into the hoop.



### 4 Running: Sprinting practice

Repeat on-the-spot reaction activity from Lesson 2. The children adopt different starting positions. Ask the children to think of fun ways to kneel, sit and lie, e.g.:

- sit with your legs straight,
- crouch down and touch the ground, etc.

The teacher calls *Ready* then *Stand* and the children must move from that position to standing as quickly as possible.

**The children practise running for speed on the spot.**

### 5 Running: Out and back relay

On the word *go* from the teacher:

- **Number 1s** run to the cone, around the cone and back to his/her partner
- **Number 1s** pass the beanbag to **Number 2s** and sit down
- **Number 2s** repeat the exercise and on returning sit down
- First pair back who are sitting down are the winners.

Repeat.

### 6 Cool down

Visit your cool down bank.

## TEACHING POINTS

- Generally an underarm throw is used for this task, releasing the beanbag upwards but variations can involve using an over-arm throw.
- The children should keep their eyes on the target not on the beanbag.

- Q** In what games would you throw a ball?  
**R** Basketball, rounders, cricket, netball etc.

- Encourage the children to keep their elbows in, move arms backwards and forwards and run on the balls of the feet.

- **Number 2s** must not move over the line before receiving the beanbag. Insist that the children sit down on returning.

- Q** Tell me some things you must do when you are running as a team with your friend.

# DEVELOPMENT

## ORGANISATION

The children in pairs and line up as follows:



**Number 1** has the beanbag

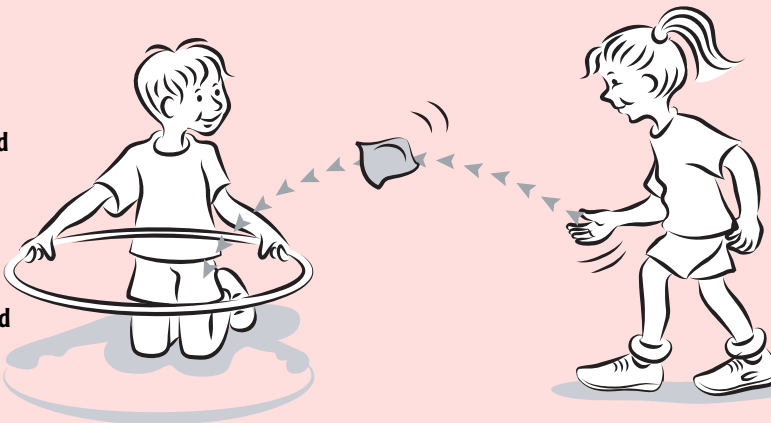
## ACTIVITY

### 1 Throwing

- Repeat activities from Section 2.
- Catch with one hand only.

#### In pairs using hoops:

One child holds the hoop off the ground and kneels to the side. The other child throws the beanbag underarm into the hoop. Switch roles after every two throws. Encourage the children to explore holding the hoop higher.

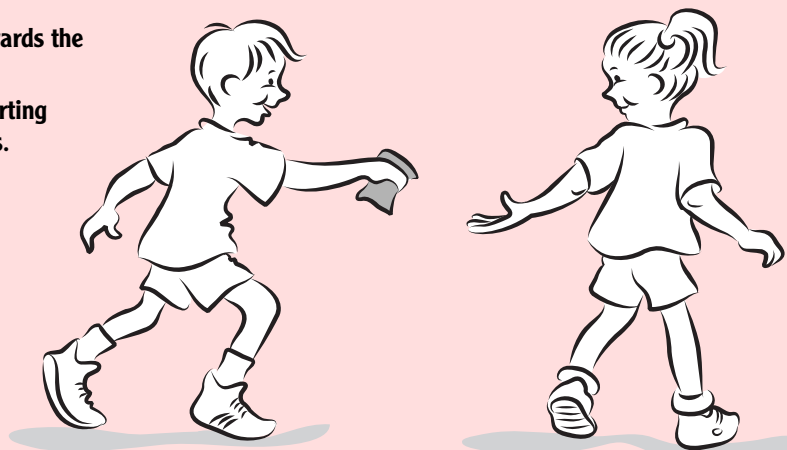


### 2 Pair relay

**Number 1s** hold the beanbag in the right hand. All of the **Number 2s** stand facing sideways with the left arm outstretched towards partner to receive the beanbag. **Number 1s** run towards **Number 2s** and pass the beanbag.

**Number 2s** continue towards the finish line.

The children return to starting positions and switch roles.



## TEACHING POINTS

- Encourage the children to move the bag quickly as they become more skillful.

Q Is it easier or harder to reach the target, i.e. hoop, when the target is raised?

Q What is it important for the receiver to do?

- Keep the hand flat.
- On receiving the beanbag hold it tightly.
- Turn to run.
- Run in a straight line to the finish.
- To ensure this happens it may be necessary to place cones on the finish line.
- Remind the children that only the second runner continues to the finish line.
- **Number 1s** stop running, having passed the beanbag.