



Curriculum Objectives

Strand Unit: Sending, receiving and travelling

- Begin to develop ball-handling skills using beanbag activities:
 - throwing and catching (individual work).

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 and beanbags.

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.

The children walk/skip/hop around the hall.

Make sure each child has a space in which to operate.

The children are stationary while performing the first two activities.

ACTIVITY

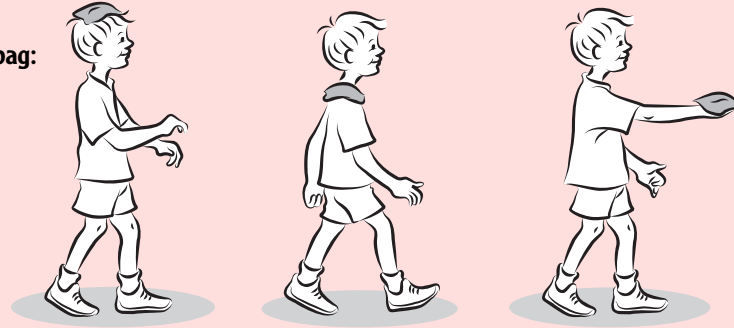
Warm up and stretching: Visit your warm up bank. Individual activities

1 Balance the beanbag

The children balance the beanbag:

- on the palm of the hand
- on the back of the hand
- on the shoulder/back of neck/head.

The children should walk, jog or hop.



2 Pass the beanbag

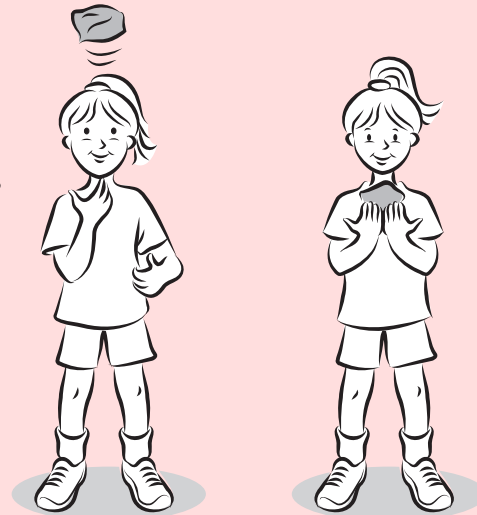
The children pass the beanbag:

- from hand to hand
- around the neck, waist, two legs, one leg
- over the shoulder to the hand, behind the back.

3 Throw and catch

The children:

- throw the bag upwards and catch it with both hands;
- throw the bag upwards and catch it five/ten times in succession. Raise/lower the number of catches according to the ability of individual children;
- hold the beanbag in one hand and release it with an upswing arm action:
 - stretch the arm upwards;
 - fingers follow the bag as it is released;
 - reach the hand upwards, bend the elbows tucking them into the chest and cup the hands (form a cradle) as the bag is caught;
- walk around the play area throwing the bag upwards and catching it with both hands.



TEACHING POINTS

- The children must take care to avoid each other.

Q When hopping which are the best areas to balance the bag?

- Grasp the bag firmly.

This is an exercise in throwing for height.

- Before you throw, check that there is space around you.
- Keep your eyes on the bag.
- Throw using an underarm action.
- As skill improves throw the beanbag higher.
- Try to throw the bag as often as possible.
- Throw the beanbag in front of and above the head. (Do not allow the children to throw the bag too high.)

Q Have you formed a cradle?

ORGANISATION

The children perform these tasks while stationary.

Once the game is finished, collect the beanbags.

ACTIVITY

4 Throw and clap before catching

Increase the number of claps as coordination increases.

5 Throw and touch a part of your body before catching

Ask the children to touch their upper body parts: head, shoulder, neck, arm, etc.

6 Cool down activity

Game – **Frozen Beanbag** (see warm up bank)

TEACHING POINTS

- Ask the children to count the claps out loud.

Q What must you do to be able to increase the number of claps?

R Throw higher.

Q What must you do when trying to pick up your friend's beanbag?

DEVELOPMENT

The children should walk, jog or skip in different directions – forwards/sideways etc., when balancing the beanbag.

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

1 Balance the beanbag

Choose more difficult areas, e.g. forehead/chest/ thigh/instep/back/heel.

2 Throw and touch a part of your body before catching

Use lower body parts, e.g. knee, foot etc.

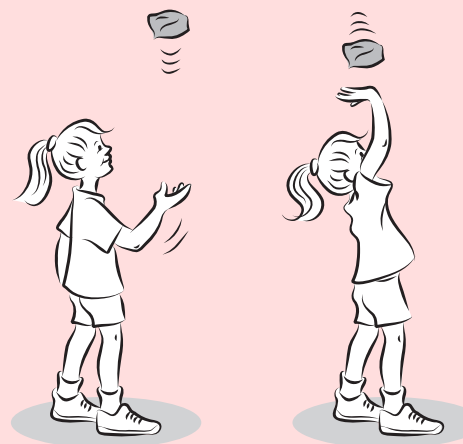
3 Throw and catch above the head

The children should:

- 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.

Repeat, alternating the hands.



- The children must take care to avoid each other.

- 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.

Q What must you do to be able to touch lower body areas?

R Throw higher.