



Move up a level

PSSI Homepage

Curriculum Objectives

Venue

Equipment

Reference

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.
- Trapping the beanbag, individually and in pairs.

Strand Unit: Creating and playing games

- Playground game to encourage co-operation.

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.
- Apply simple rules to games.

- Yard/hall.

- Whistle, beanbags, hoops and cones.

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



ORGANISATION

The children have one bag each and space out around the room/hall.

Now the children line up as in diagram. The pairs stand one metre apart. Increase or decrease the distance between each pair where necessary.

One bag per pair.



ACTIVITY

Warm up and stretching: Visit your warm up bank.

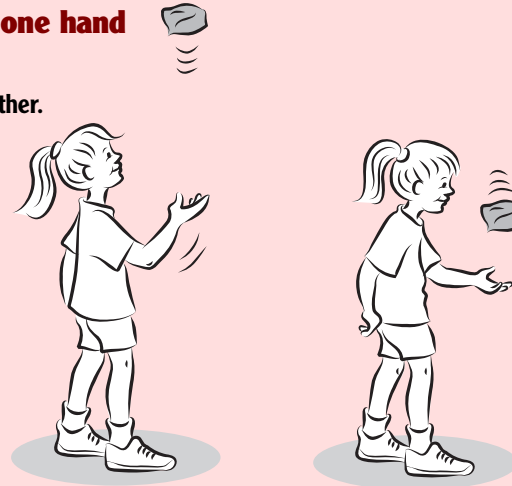
1 Individual activities

- Throw and catch with two hands.
- Throw, clap and catch.
- Throw, touch and catch.
- Suit the degree of difficulty to the children.

2 Introduce throw and catch with one hand

Throw and catch with the same hand.

Throw with one hand and catch with the other.

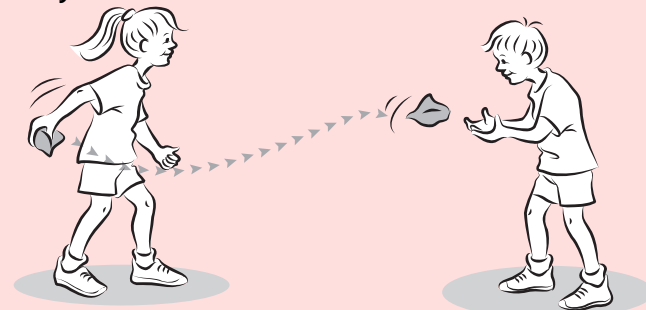


3 Pair throw

Throw and catch with two hands.

Challenge – throw and catch five times without dropping the beanbag.

Can you throw and catch five times before the whistle blows?



TEACHING POINTS

- The catching hand is at waist level with the palm turned upwards.

Q What must you do to make sure you catch the beanbag?
R Keep your eyes on it.

- The sender throws the bag underarm for distance.
- 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.

ORGANISATION

Move the pairs two metres apart for this activity.

Place a hoop between each pair for the third activity, i.e. throwing to a hoop between pairs.

Remove the hoops. Move Line B to stand in front of Line A. One line remains still while the other performs the activity.

Each child in lines retrieves his/her beanbag.



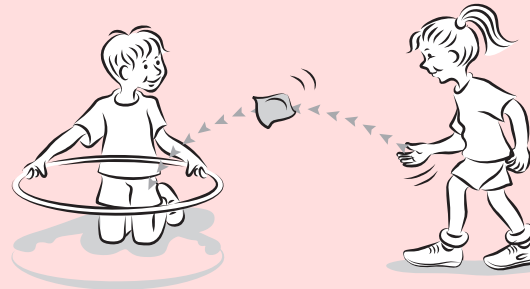
Each child finds a partner.
Use only one bag.

Each pair traps the beanbag between the designated body parts.

ACTIVITY

4 Target throw

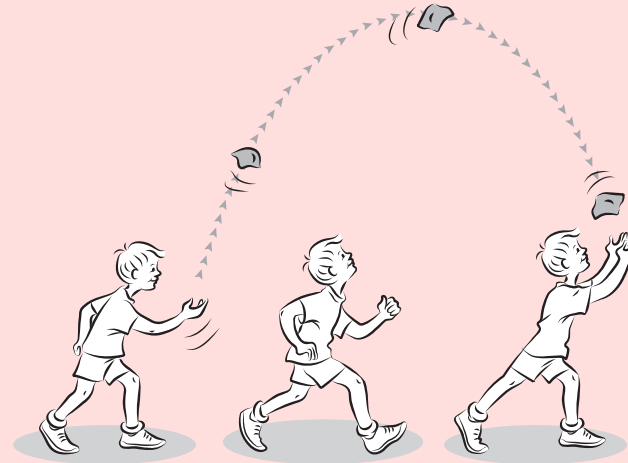
- Throw to the front of your partner's feet.
- Throw to the side of your partner.
- Throw to hoop between the pairs.
- One child holds the hoop off the ground and stands to the side. The other throws the beanbag underarm into the hoop. Switch roles after every two throws. Encourage the children to explore holding the hoop higher.



5 Throw and run to catch

Line A sits/stands.
The children in Line B throw the beanbag forward once and run to catch. They return to their places. Allow Line B to repeat the activity. They then return to stand behind line A.

Now line A performs and repeats the activity. One throw each time. Allow each line to repeat the activity several times.



6 Trap the bag

- Trap the bag between hand and chest/hip/shoulder. Walk, jog or run.
- Trap the bag between wrists/elbows/knees/ankles. Walk, run or jump.
- Trap the bag between partners' shoulders/hips/elbows/back of hands. Find ways to walk, run or hop.



TEACHING POINTS

After the first attempt ask the following question:

- Q** What must you do to give yourself a chance of catching the beanbag?
R Throw it high.

- Q** How will you move when trapping the bag between your ankles?
R Hop.

ORGANISATION

The children line up with three/four pairs in each line.

ACTIVITY

7 Concluding activity

Fun race: Ask the pairs to trap the beanbag between designated body parts.
On the word *go* the children move to reach the finish line, approximately 10 metres away.

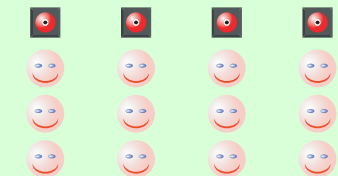
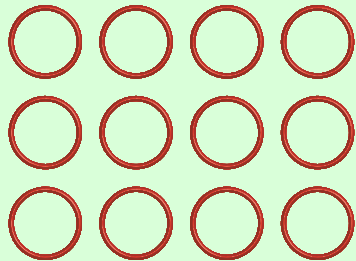
8 Cool down

Game: Frozen beanbag (see your warm up bank).

TEACHING POINTS

- Remind the children to keep their heads up and to look forward when they are moving.
- On completion, the children walk back along the perimeter.

DEVELOPMENT



The hoops are laid out as in the diagram. Use the width of the hall to ensure the maximum space between each team. Line the children up in teams of three or four. Each child has a beanbag.

Target throw

The children start and take turns to throw to the nearest hoop.
When each member of the team has thrown, all collect the bags together.
Those successful throw to the second hoop.
Those unsuccessful throw again to the first hoop.
The children continue the game until they have thrown successfully to all three hoops.

