



Move up a level

PSSI Homepage

## Curriculum Objectives

## Equipment

## Reference

## Venue

### Strand Unit: Sending, receiving and travelling

- Begin to develop ball-handling skills using balls.
- Ball awareness activities:
  - bouncing a ball, throwing and catching.

### Strand Unit: Creating and playing games

- Playground game – Hot Ball.

### Strand Unit: Understanding and appreciation of games

- Develop problem-solving and decision-making strategies:
  - watch the flight of a ball through the air before receiving it.
- Apply simple rules to games.

- Yard/hall.

- Large plastic balls of different shapes and whistle.
- For development activities, small balls.

- Primary School Curriculum (1999) Physical Education, page 21.
- Buntús Cards: Throwing and catching – On your own; Throwing and catching – With a Partner; Receiving – With a Partner.



## ORGANISATION

Allow each child to choose a large ball from an appropriate selection.

Having experimented with oval balls, exchange them for round balls.

## ACTIVITY

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

### 1 Individual activities

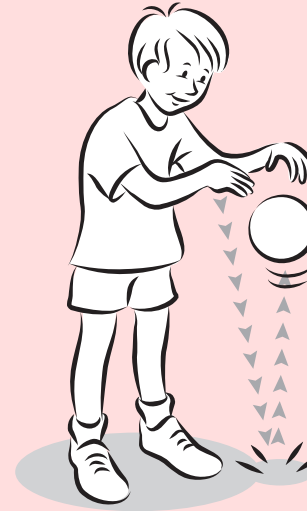
#### (a) Ball awareness

Pass the ball:

- around the waist
- around two legs/one leg
- under bent knees while sitting

#### (b) Bouncing

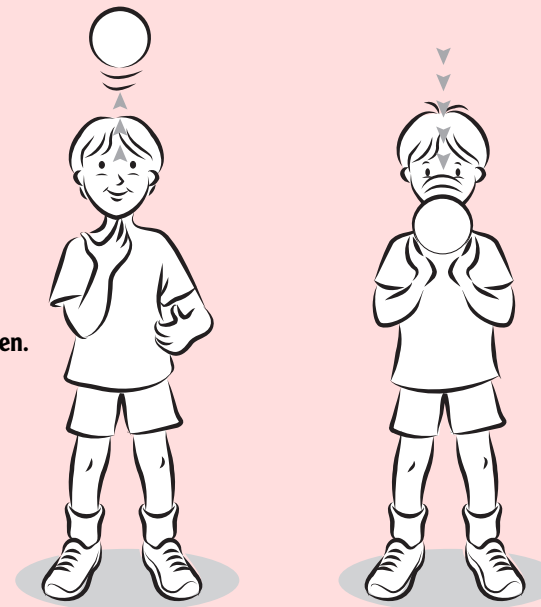
- Bounce the ball in front of you using two hands and catch it.
- Walk around and bounce the ball.



#### (c) Throw and catch individually

- Throw and catch with two hands.
- Throw, clap and catch.
- Throw, touch and catch.

Suit the degree of difficulty to the children.



## TEACHING POINTS

- Spread the fingers and cup your hand around the ball.
- Try to keep the ball away from your body.
- Encourage the children not to look at the ball.

Q What happens to the oval ball?  
Q To practice bouncing what kind of ball do you need?

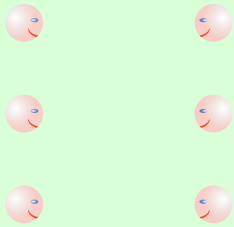
- The children should use an underarm throw.

Q What must you do to give you enough time to clap or touch your body?

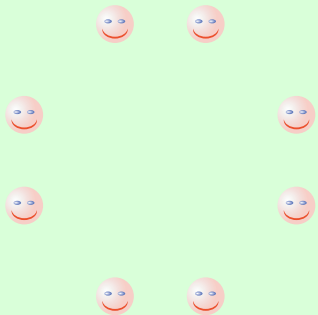
## ORGANISATION

The children line up in pairs with one ball per pair. A variety of large balls can be used, e.g. round and oval balls.

The children should swap balls.



Place every four pairs in a circle – one ball per group. Identify one child as the leader in each group.



Put away all the balls.

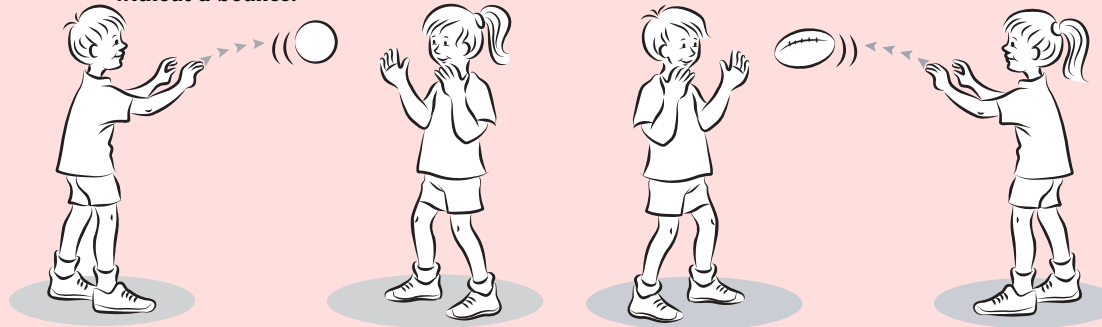
## ACTIVITY

### 2 Pair activities

#### Throw and catch in pairs

Refer to the list made in Lesson 4. In this lesson, allow the children to experiment with throwing and catching the ball to each other

- with a bounce
- without a bounce.



### 3 Concluding activity

#### Game: Hot ball

The ball starts with the leader.

On a signal from the teacher, the children throw the ball from one to the other around the circle.

When it reaches the leader again all sit down.

The first group sitting down are the winners.

### 4 Cool down

Choose a playground game: **O'Grady Says.**

Gradually slow down the movement until the children are sitting curled up.

## TEACHING POINTS

- Remind the children receiving to have their hands ready to catch and to keep their eye on the ball.

**Q** What would happen if you are not ready to receive the ball?

- Encourage the children to turn and face the person to whom they are passing.
- The receiver must have the hands ready.

## DEVELOPMENT

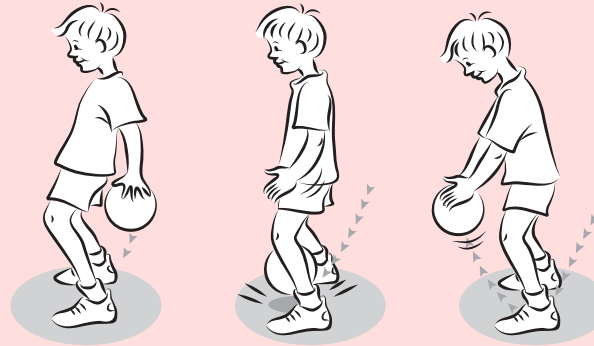
## ORGANISATION

The children work in pairs – one ball per pair.

## ACTIVITY

**1 Ball awareness**

Use the larger balls.  
Bounce the ball between the legs from back to front.

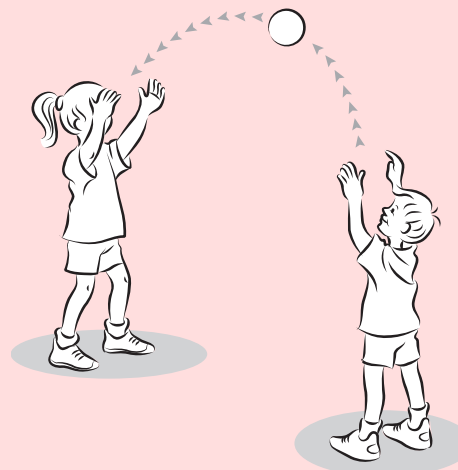
**2 Bouncing the ball**

Can you walk to your partner, walk around your partner and back again bouncing the ball with one hand?

**3 Throw and catch in pairs**

Invite the children to suggest ways to make the throw and catch more challenging, e.g.:

- Increase the distance between the pairs.
- Increase the level of difficulty of challenge. Can they throw and catch eight/nine/ten times in a row?
- Throw high, throw low



## TEACHING POINTS

- Encourage the children to experiment using both the left and the right hands.

**Q** Can you bounce the ball without looking at it?

- Make sure there is enough room between each pair to carry out this activity.
- Encourage the children to increase the speed of the throw and catch.

## DEVELOPMENT

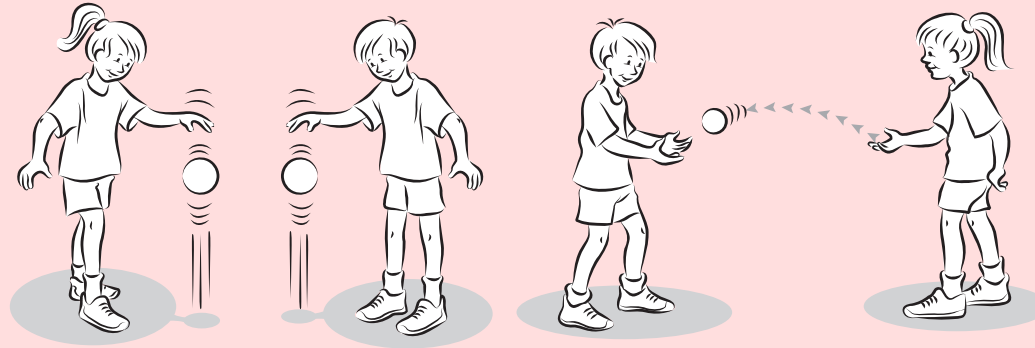
## ORGANISATION

## ACTIVITY

## TEACHING POINTS

**4 Using small balls**

Using small tennis type balls repeat the bouncing, throwing and catching exercises from the main body of the lesson.



- Make sure there is enough room between each pair to carry out this activity.
- Encourage the children to increase the speed of the throw and catch.