



Move up a level

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## Curriculum Objectives

## Venue

## Equipment

## Reference

### Strand Unit: Sending, receiving and travelling

- Ball handling: practise skills previously experienced:
  - throwing and catching using a beanbag;
  - throwing to a target.

### Strand Unit: Creating and playing games

- Create and develop games in small groups:
  - playground game – **Out in front**.

### Strand Unit: Understanding and appreciation of games

- Apply simple rules to activity.
- Yard/hall.
- Beanbags, cones and whistle.
- Primary School Curriculum (1999) Physical Education, page 31.
- Buntús Cards: Throwing and Catching – Golf; Throwing and Catching – On your Own; Rolling – Rollerball; Throwing and Catching – Using a Target or Partner.



## ORGANISATION

Give each child a beanbag.

## ACTIVITY

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

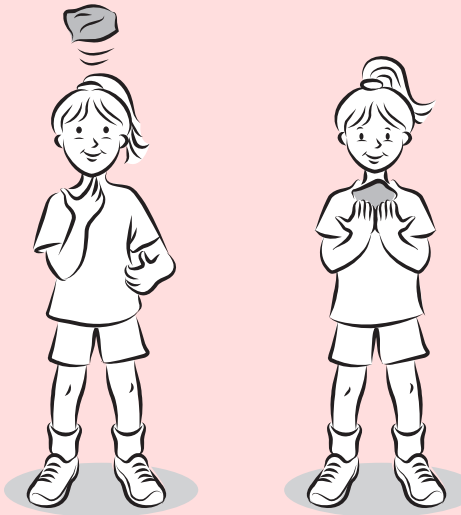
### 1 Pass the bag

- Pass the bag around the waist, knees or neck
- Sit on the floor, bend the knees and put the feet flat on the floor. Pass the bag over and under the knees: pass with the left hand, catch with the right and vice versa.
- Stand and make a figure 8 between the legs using the beanbag.



### 2 Individual throwing and catching

Throw the bag upwards and catch it with both hands, while standing/walking.  
Aim to catch it ten times in succession.



### 3 Throw the beanbag and touch a part of your body

Use lower body parts, e.g. knee, foot.  
Last task – touch the floor.

## TEACHING POINTS

- Increase the speed of the action as coordination improves.

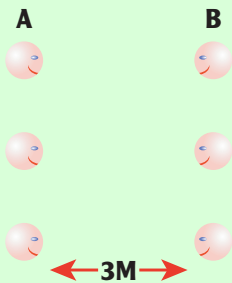
#### Figure of 8

- Bend the knees with the feet apart.
- Take the bag in right hand, pass it backwards between legs and catch it with the left hand.
- Switch hands, i.e. bring the left hand now holding the bag to the front and the right hand to the back. Repeat this activity.

- Throw using an underarm action – hold the beanbag in one hand and release it with an upswing arm action:
- Stretch the arms upwards.
- The fingers follow the bag as it is released.

- Keep your eyes on the bag.
- Reach the hands upwards, bend the elbows and cup the hands (form a cradle) as you catch the falling bag.

## ORGANISATION



Place the children in pairs facing each other along the hall. Line **A** leave the beanbag on the ground behind them – one beanbag per pair.

The children in Line **A** turn their backs on their partners in Line **B**.

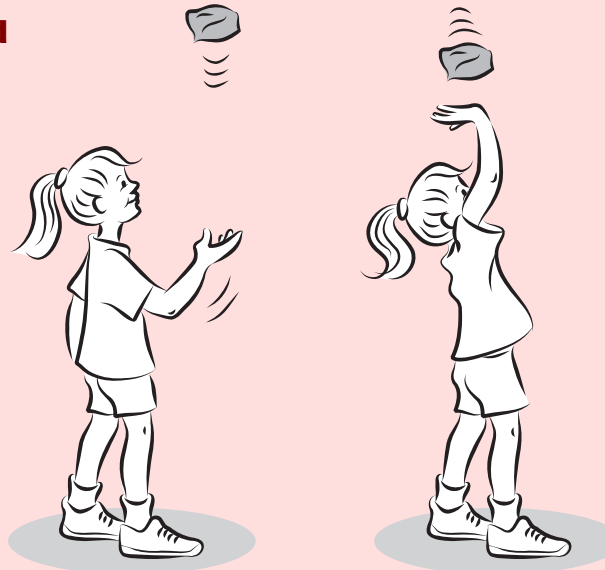
## ACTIVITY

## 4 Throw and catch with one hand

Stand and throw the bag upwards with your right hand, catch it with your right hand.

Repeat the activity, catching with the left hand.

Repeat the above activity while jogging.



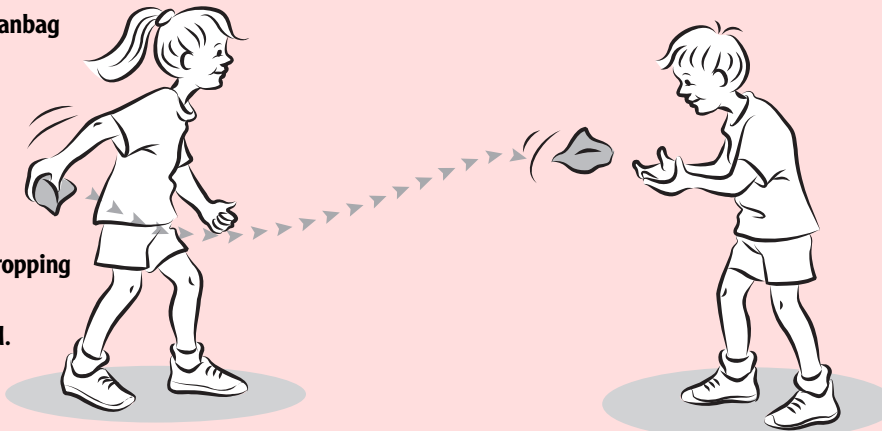
## 5 Throw and catch in pairs

**A** throws the beanbag to partner **B**.

**B** catches it and returns it.

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

Beat your record.



## 6 Try this trick

With their backs to Line **B**, the children in Line **A** bend down and throw the beanbag between the legs to their partner in Line **B**. Line **B** does likewise.

## TEACHING POINTS

- The right arm should be stretched upwards with the right palm facing the ceiling to catch, fingers pointing backwards.

**Q** Do you know any game where you reach up like this to catch a ball?

**R** Hurling, rounders.

- The sender should not throw until receiver has made cradle to catch.
- The receiver makes a cradle to catch but must follow the flight of the bag to determine its height.
- The receiver must raise the cradle high to catch a high pass or must make the cradle low to receive a low pass.

- Watch the flight of the bag.

## ORGANISATION

The children in Line **A** now retrieve the beanbags and the lines of children face each other.

The children keep the beanbags and take one quoit between two.



Place three pairs together to make groups of six.  
Line up five facing one (leader).

## ACTIVITY

### 7 Throw and catch using two beanbags

One throw high.

One throw low.

### 8 Roll a quoit

In turn each child rolls the quoit to the other.

Place the beanbags in the middle.

Now ask each child to roll the quoit to their partner through the beanbags.

Ask them to suggest other ways to send the quoit to each other.



### 9 Game: Out in front

The leader **L** passes the beanbag along the line, moving to face each new partner.

When finished **L** holds up the beanbag.

Change the leader for a new game.

Having played the game three/four times ask the children to suggest one change one could make to create a slightly different game.

### 10 Cool Down

Run, skip and walk, stretching high or low.

## TEACHING POINTS

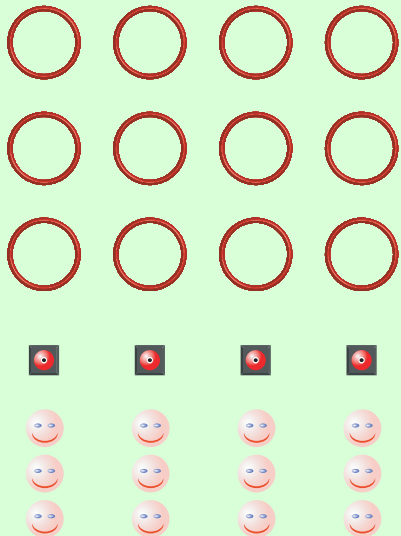
- Each catcher must make a cradle ready to catch the beanbag.
- Keep your eyes on the beanbag.

**Q** What must you do to make sure you both throw at the same time?

## DEVELOPMENT

## ORGANISATION

Hoops should be laid out as in the diagram. Use the width of the hall to ensure maximum space between each team. The children line up behind a cone in teams of two or three with a beanbag each.



## ACTIVITY

**1 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 now 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.

Increase the distance between the hoops to maximise the challenge.

**2 Create a game**

Divide the class into groups of three or four.

Allocate equipment to each group, i.e. three bags and one hoop or one bag and one rope.

Ask the children to create a game using the equipment provided.

Tender throws the bag underarm.

**3 Using small balls**

Repeat the activities in the main body of the lesson using small balls

## TEACHING POINTS

- Insist that no member of the group collects a beanbag until all of the group have thrown.