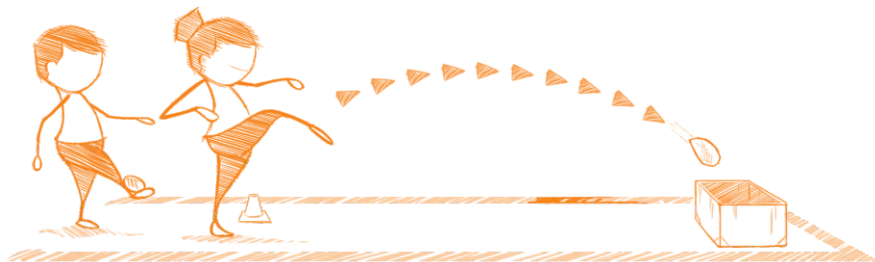




Description of Activity

Arrange pupils in groups of four or five. Invite each group to place a cone two metres away from an empty box. Pupils take turns to balance the beanbag on their foot and flick it into the box. If they are successful, their group is awarded one point. The pupil then retrieves the beanbag and kicks it back to the next pupil in the group. Play up to a score of ten points.



Variations

- Place a selection of boxes at varying distances from the cone at each group. Award higher scores for boxes that are placed further away.
- Use a hoop instead of a box to increase the size of the target.
- Use soft balls instead of beanbags and encourage pupils to kick instead of flick the ball into the box or hoop.

Equipment

An open playing area, beanbags, cones, empty boxes



- The third pupil in the line keeps count of the score each time.
- Encourage the pupils to keep their eyes on the beanbag when controlling it on their foot and flicking it up into the air.
- Highlight the importance of swinging the kicking leg through to aim forwards.
- Encourage pupils to extend the opposite arm to the kicking leg to help with balance.
- Ensure pupils have adequate space to practise flicking the beanbag safely. Ensure pupils are not flicking towards or across the path of other pupils.



- Ask a grown-up to help you draw square targets on a wall outside, or stick paper targets on the wall. Practise kicking a rolled up pair of socks or a soft ball at each target. Score one point for every time you hit a target.



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