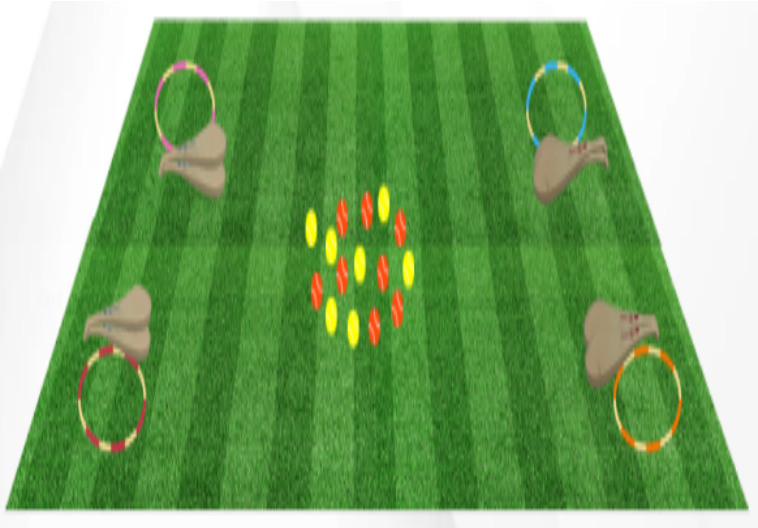
LEVEL 2

JAB IT

HURLING



EQUIPMENT LIST

- Cones
- Hoop
- Sliotar

Jab it

Organisation

- Set up area as shown with balls in centre
- Divide group into equal teams
- On whistle aim for first child in each group to run in and jab lift using the toe of their hurl and return and place ball in hoop
- Child hive fives their team mate and they repeat
- Set a time limit and try to beat your own score

Use STEPR to adapt and progress activity

Space, Time/Task, Equipment, People, Rules

Notes