



## Level 2 Activities

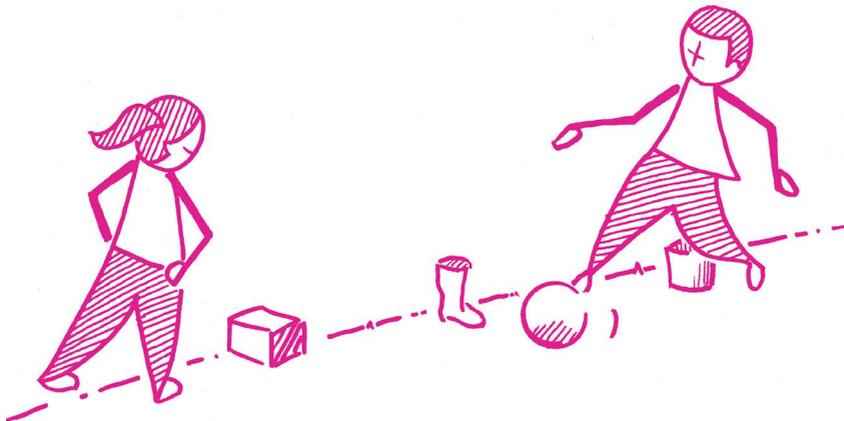
### Under Control

#### *Equipment Needed*

A ball, six items to use as obstacles for example, soft toys, cans, bottles, tubs, small boxes or items of clothing.

#### *How to play*

Set up your obstacles in a straight line leaving 1 metre between obstacles. Dribble your ball with your feet or your hand, weaving around the obstacles. Alternatively, you can do this by striking the ball using a hurley or a small bat with a short handle.



Adapted from  [PE at Home \(DCU/PDST\) - Games, 1st/ 2nd Class, Video 4](#)



## Level 2 Activities

### Your Move

#### Equipment Needed

A ball or a rolled up pair of socks or a balloon.

#### How to play

Move the ball in the following ways:

- Around your waist
- Around your knees
- Make a figure of eight through your legs
- Bounce the ball between your legs from back to front and front to back
- Lift your leg and bounce the ball under it.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 1, Page 2](#)



## Level 2 Activities

### DONKEY

#### *Equipment Needed*

A ball or item to be passed such as a rolled up pair of socks.

#### *How to play*

Invite someone from your home to play the game DONKEY with you. Throw the ball over and back to the other people in the game. If you drop it you get the letter D and so on. The person who has the least amount of letters when the first person spells out the full word is the winner.



Adapted from  [PSSI Lesson Plans - 2nd Class, Warm up bank, page 7](#)



## Level 2 Activities

### Chinese Knee Boxing

#### *Equipment Needed*

No equipment needed.

#### *How to play*

Invite someone from home to stand opposite you. On a signal, try to tip the outside of the other person's knees with your hand. Each time you do, you win a point. Practise shuffling and dodging so that they can't tip your knees!



Adapted from  [PSSI Lesson Plans - 3rd - 6th Class, Warm up bank, page 8](#)



## Level 2 Activities

### Busy Brain Time

#### *Equipment Needed*

A cuddly toy, a teddy, or a large ball, items to use as obstacles such as plastic bottles or food cans.

#### *How to play*

Using a large ball, make a simple dribbling obstacle course. Dribble the ball around the obstacles. Dribble by touching the ball off the inside of one foot and then the other foot. Try to complete this challenge using a smaller ball.





## Level 2 Activities

### Thinking Cap On

#### *Equipment Needed*

A large ball, a teddy bear or a rolled up pair of socks.

#### *How to play*

Make up a game to practise different ways of throwing, catching and rolling against a wall in the playing area. Invite someone from home to play with you. Can you make a scoring system for your game? (for example, one point for a throw and catch, two points for a throw, clap and catch).

