



ATHLETICS



DANCE



GAMES

## Description of Activity

Invite pupils to spread out within a large defined playing area. The teacher adopts the role of 'Cari' and guides pupils to explore different running techniques by using the following commands:

'Cari on running... leaning backwards; leaning forwards; quickly; slowly; heavily on your feet; lightly on your feet; with long bouncy strides; with high knees; with long arms; with fast arms; with arms swinging across your chest; alongside a partner; following a leader; over an imaginary object; etc.'

After a number of commands, select a pupil to adopt the role of Cari.



## Variations

- Vary the locomotor skill used to move in the space, e.g. walk, skip, hop, jump etc.
- Arrange the pupils in pairs and invite them to take turns providing running instructions for each other.

## Equipment

A defined hard or grass area, a coloured bib



- Use Cari's commands to identify what is correct and incorrect running technique.
- Pause the activity at intervals to focus on the specific teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise individually and then return to the activity. Provide feedback to individuals when they demonstrate correct running technique during the activity.



- In your PE journal, draw one picture of you running.



- ag triail • slite éagsúla • cur síos ar na treoracha • eiseamláirí • ag rith go mall • go héadrom • lámha ag luascadh