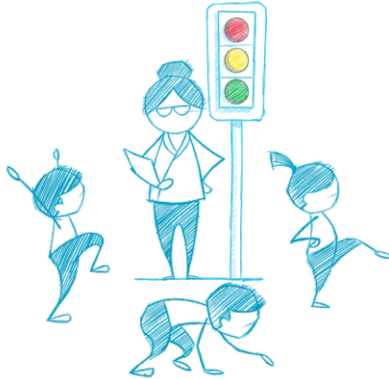


## Description of Activity

Invite pupils to find a space in a large open playing area where they are not in contact with anyone else. On a signal, pupils move around the playing area in response to the following commands.

- Red: stop
- Amber: walk
- Green: run



## Variations

- Change the instructions for each colour, e.g. amber: move on hands and feet.
- Invite pupils to perform a balance when red is called.
- Change the vocal commands to whistle commands e.g. short whistle for green, three short whistles for amber and one long whistle for red.

## Equipment

An open playing area



- **Ensure pupils exercise caution when running. Invite them to imagine that they are inside a bubble, and if they touch anyone else, their bubble will burst and they will have to stop and spend five seconds blowing it back up again.**
- **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.**



- **Create your own commands for green, red and amber. Practise with a friend in the yard.**



- **dearg = stad • oráiste = bígí ag siúl • glas= bígí ag rith • éist le treoir an mhúinteora**