



ATHLETICS



GAMES

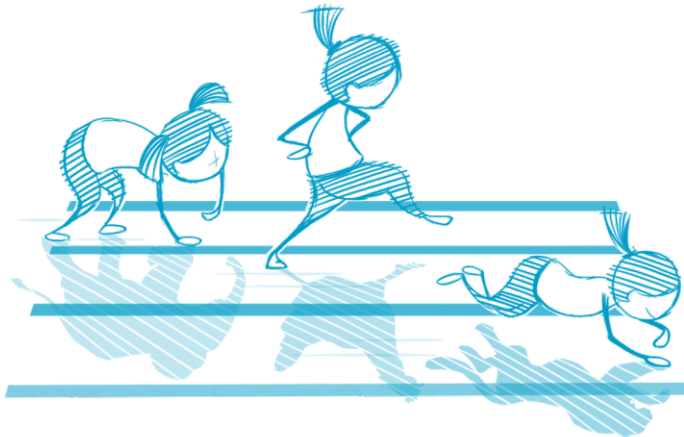


OUTDOOR &  
ADVENTURE

## Description of Activity

Invite pupils to move freely around the playing area using the movements of a particular animal suggested by the teacher, e.g. a bunny (hopping); a seal (sliding); a snake (slithering), an emu (running); a kangaroo (jumping) or a crab (crawling). After a period of time, invite pupils to select their own animal movement and to move freely around the area.

Now focus on animals running. Select a range of animals such as a cheetah, an elephant, a chicken or a hippo. Invite pupils to identify differences in the running techniques of the various animals. Investigate the elements that help the animal to run faster and similarly the elements that may slow them down.



## Variations

- Arrange pupils in pairs, with each pupil having to guess the other's animal.

## Equipment

An open playing area



- **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.**



- Show someone at home what you learned about running today.



- ainmhithe éagsúla • coinín ag preabadh • rón ag sleamhnú • nathair ag sliodarnach • éamú ag rith • kangarú ag léim • portán ag lamhacán