

Description of Activity

Invite pupils to find a space in the playing area. Invite two pupils to be the taggers who wear a bib. A third pupil, carrying a hoop, acts as the lifesaver. The remaining pupils run freely around the playing area. When a pupil is tagged they must freeze with their arms stretched high above their head. To be set free the lifesaver must place the hoop over a tagged pupil's head and move it down their body towards the ground. The freed pupil then becomes the lifesaver.



Variations

- Increase the number of lifesavers or taggers in the activity.
- Pupils perform a balance when tagged.
- Vary the locomotor skill used to move around the space, eg. hop, skip, walk, etc.

Equipment

An open playing area, hoops and bibs



- Ensure that there is enough space for all pupils to move around safely.
- 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.



- Ask a grown-up at home to teach you a running game that they used to play when they were younger.



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