



ATHLETICS



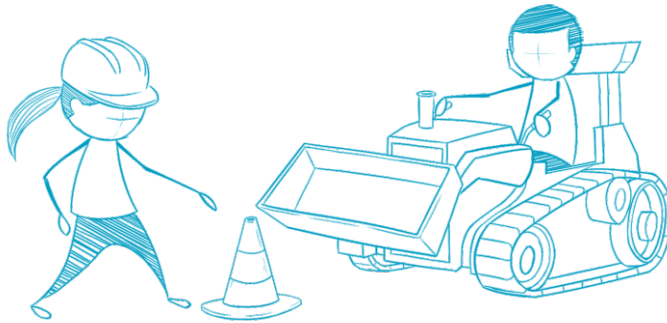
GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Set out tall cones throughout the playing area. Arrange the pupils in two groups. Invite one group to act as the bulldozers. They will be wearing bibs and their job is to tip over as many buildings (tall cones) as they can. The remaining pupils will act as builders. They will have to rebuild the fallen cones by standing them back up. After a set amount of time, swap roles. Alternatively small saucer cones can be used, with the bulldozers turning the cones upside down and the builders restoring them the right way up.



Variations

- Invite the bulldozers to knock down the cones with different body parts such as knees, toes, hips, or elbows.
- Increase the size of the playing area, spreading out the cones to ensure pupils get an opportunity to practise their running technique over a longer distance.

Equipment

An open playing area, tall cones, bibs



- **The concept of dodging is important when playing builders and bulldozers. This may be a useful opportunity to (re)introduce the skill.**
- **For safety purposes remind pupils to watch out for other pupils who may have their heads down while building or bulldozing.**
- **Demonstrate and practise safe bending and lifting techniques so that pupils can protect their backs.**



- Draw a picture of you winning a running race in your PE journal.



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