



DANCE



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Use the cones to set up a circle, the size of which will depend on the size of the group. Ensure that space within the circle is limited but safe to move in.

Invite pupils to skip around inside the circle pretending that everyone else is poisonous. If a pupil touches another pupil they become infected and must place one hand behind their back. If touched a second time a pupil is out of the game as a skipper, however they still have a role to play. Once 'out' a pupil must freeze on the spot with their hands outstretched acting as a poisonous target for other pupils to avoid. The last pupil left skipping wins.



Variations

- Modify the area: increase/decrease the circle size to make it easier or more difficult.
- Add music and encourage pupils to move to the beat.
- Play in a larger area with one pupil designated as 'poisonous' trying to infect the others. Each pupil that is infected also becomes poisonous and tries to infect the others.
- Alternate the locomotor skill used, e.g. hopping, running or dodging.
- When a pupil is infected they must strike a balance and hold it for a count of ten before returning to the game.

Equipment

Cones, a drum or music



- Ensure poisonous pupils exercise care towards the pupils who are skipping by tagging them gently.
- Provide feedback on correct skipping technique regularly during the game.



- Create your own game using the skill of skipping. Practise it in the yard.



ciorcail nimhe • ionfhabhtaithe • leag lámh ar • reoigh • lámha sínte amach