

Description of Activity

Arrange pupils in pairs. Each pupil chooses a home area away from his or her partner. A beanbag should be placed on the ground midway between the two home areas. Each pupil stands one step back from the beanbag towards the direction of their home area. On a signal, both pupils try to snatch the beanbag and skip back to their home area. The pupil who does not get the beanbag must chase the other (skipping only) and try to tag him or her. If the chased pupil is caught before reaching his or her home area the game restarts.



Variations

- Pupils can start in a seated position.
- Alternate the locomotor skill e.g. run, walk, hop, etc.
- After a set amount of time, change the pupils in each pair.

Equipment

Beanbags



- Ensure pairs are not crossing the paths of other pairs on their return to home.
- At various stages during the activity focus on the technique of skipping. Discuss today's teaching points (usually two) with pupils. Invite a pupil to demonstrate good technique, invite the pupils to practise in pairs, and return to the activity.



- Play this game in the yard. Investigate how to skip faster, farther, higher.



cathair • fonsa • ceol a sheinnt • rithim a fhorbairt • scipeáil timpeall