



ATHLETICS



GAMES



GYMNASTICS

Description of Activity

Give two pupils a blue bib and a ball or beanbag and invite them to be the frost. Give two other pupils a yellow bib and a ball or beanbag and invite them to be the sun. The frost must chase the remaining pupils and tag them by touching them with the beanbag or ball. Once tagged the pupil becomes frozen and must perform a balance with their hands held out to the side. They can only become defrosted when they are touched by the sun with the yellow beanbag/ball. After a set amount of time, pause the activity, select new taggers and play again.



Variations

- Vary the locomotor skill used to travel around the playing area e.g. hop, skip, side step, jump, run, walk etc.
- Provide instructions for the frozen pupils' balances e.g. balance on two, three or four body parts.
- Increase the number of pupils playing the role of the frost and the sun.

Equipment

An open playing area, bibs, soft balls or beanbags



- **Pause the activity at intervals to focus on the specific teaching points for dodging in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the dodging action during the activity.**



- **In your PE journal, draw a playground game that involves dodging.**



bibí gorma • bibí buí • málaí pónairí • sioc • an ghrian