



ATHLETICS



DANCE



GAMES

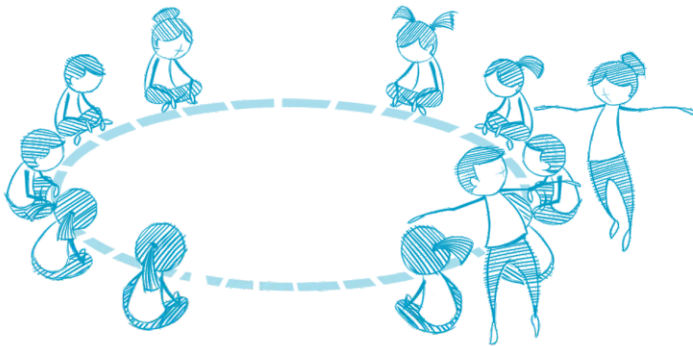


GYMNASTICS

## Description of Activity

Invite pupils to sit in a large circle. Invite one pupil to begin side stepping in a circle around the other pupils calling out the word duck for each pupil that they pass. Eventually the pupil taps a seated pupil on the shoulder and says goose. This pupil must stand up and chase the other pupil before they make their way around the circle and occupy the vacated seat. Side stepping is the only movement permitted by the pupils moving around the circle.

Note: The tagger will not tap each pupil on the shoulder as they call duck as this could detract from the arm position in correct side stepping technique.



## Variations

- Alter the locomotor skill used to move around the circle e.g. walk, run, hop, skip etc.
- Increase or decrease the size of the circle or invite pupils to complete two rounds of the circle before they can sit down.

## Equipment

An open playing area



- For a large class group arrange the pupils in three groups and play three games of Duck Duck Goose concurrently, to ensure activity levels remain high and wait times are reduced.
- Ensure every pupil has an opportunity to be selected, e.g. pupils that have had a turn must sit facing outwards, pupils awaiting a turn sit facing inwards. The tagging pupil may only complete one round of the circle when selecting a chaser.



- At home, practise side stepping up and down your hall, driveway, kitchen or garden. Invite a grown-up to watch you and show them how to side step correctly.



lacha • gé • breith ar an ndalta • suí sa spás • céim ar leataobh