



ATHLETICS



DANCE



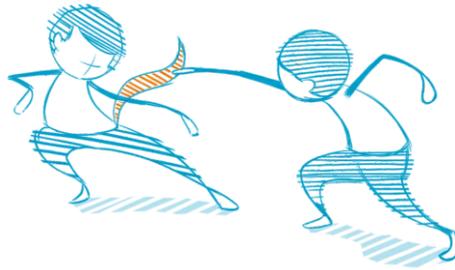
GAMES



GYMNASTICS

Description of Activity

Invite pupils to find a space within the large playing area where they are not in contact with anyone else. Arrange pupils in pairs. Pupil A acts as the hen and pupil B as the fox. Invite each hen to tuck a bib into the band of their trousers or tracksuit bottoms (the hen's tail). On a signal the foxes chase the hens. The hens must side step around the area to evade the foxes. A fox can only move by side stepping and can catch a hen by pulling off its tail. When a hen is caught they automatically become a fox and begin to chase the remaining hens.



Variations

- Place hoops around the playing area to act as dens or safe-houses for hens to rest in. Foxes may not enter the den and hens can only spend five seconds resting in there.
- Foxes and hens can use alternative methods to travel around the playing area, e.g. foxes must side step while hens must hop, etc.

Equipment

Hall or large confined hard surface, bibs



- Ensure pupils have enough room in the playing area to move safely.
- Demonstrate safe, respectful tagging for the pupils, reminding them to gently pull the bib to remove it from the hen.
- Pause the activity at intervals to focus on the specific teaching points for side stepping 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 side stepping action during the activity.



- Practise side stepping at home.



pairtnéirí • sionnach • cearc • bibeanna • an t-eireaball a bhaint