



DANCE



GAMES



GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Set out a designated playing area using cones. Invite pupils to form a circle in the centre of the playing area. Invite one pupil to be the monkey who stands in the centre of the circle. The monkey side steps inside the circle facing outwards towards the other pupils. The other pupils side step in the opposite direction facing inwards in a large circle around the monkey. They call out 'monkey in the middle can't catch me' three times. At the end of the chant the pupils can break from the circle and run away from the monkey. The monkey must chase and tag the other pupils. Pupils cannot leave the designated playing area. The first pupil tagged becomes the new monkey and the game restarts.



Variations

- Change the locomotor skill used to move around the circle e.g. skip, hop, jump, walk, run etc.
- Increase or decrease the size of the circle or the playing area.
- Arrange the pupils in smaller groups and set up a corresponding number of designated playing areas.
- Increase the number of monkeys starting in the centre of the circle.

Equipment

An open playing area, cones



- Discuss and demonstrate safe, respectful tagging technique with pupils.
- 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.



- Investigate why it is important to keep your head up when you are side stepping



i gciorca • moncaí • céim ar leataobh • ní féidir leis an moncaí breith orainn