



DANCE



AMES



GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Use cones to set out a large defined playing area and place six hoops (nests) randomly inside it. Invite four pupils to act as the cats and to wear bibs. The remaining pupils, the birds, begin to side step around the outside of the playing area. On a signal, the birds run into the area and try to get to the safety of a nest. The cats attempt to prevent the birds from stepping into a hoop by tagging them gently. If a bird is tagged they must step outside the playing area until the game starts again. Invite four new pupils to be the cats and play the activity again.



Variations

- Vary the locomotor skill used to move around the outside of the square e.g. hop, skip, jump, run, walk etc.
- When a pupil is tagged, they must perform a static balance for a count of five before becoming a cat.

Equipment

An open playing area, bibs, hoops



- Demonstrate and encourage safe techniques to step into and out of the hoops.
- 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.



- Practise side stepping leading with the left foot in the yard.



- spás mór imeartha • sé fhonsa • na neadacha • ceathrar • na cait • bibeanna
- cor i leataobh • na héin • seasamh lasmuigh