



ATHLETICS



DANCE



GAMES



GYMNASTICS

## Description of Activity

Use cones to set up a defined playing area with a large square in the middle (the chaser's yard). Select one pupil to be the chaser who stands in their yard with their eyes closed or blindfolded. Invite the rest of the pupils, the bunnies, to jump around the playing space, including into and out of the chaser's yard. The chaser listens carefully to the bunnies jumping around them. When the chaser thinks that there are bunnies in their yard they call 'Bunny Trap!'. Anyone that is inside the chaser's yard must freeze. The other pupils must then try to free the frozen pupils by holding their hands and performing a jump together. The chaser tries to tag the bunnies who are attempting to free the frozen bunnies. If they are tagged, they must also freeze. Allow the activity to continue for a set amount of time, and then select another chaser.



## Variations

- Select more than one pupil to be the chaser.
- Place obstacles in the playing area for pupils to jump over or move around.
- Change the locomotor skill used to move around the space, e.g skip, hop, walk, run etc.

## Equipment

An open playing area, cones, blindfolds (optional)



- Remind pupils of safe jumping and landing technique before the game.
- Ensure pupils are comfortable with a blindfold if one is being used.
- Jumping can be a tiring activity for pupils. At intervals during the activity, provide opportunities for pupils to rest, e.g. take a stretch break.



- Think of animals that move by jumping. In your PE journal, draw a picture of three of these animals.



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