



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Select one pupil to stand at one end of the playing area, and to play the role of Mr Wolf. The other pupils line up along the boundary line at the other end of the playing area. Mr Wolf turns his back to commence the activity. The other pupils call out 'What's the time Mr Wolf?'. Mr Wolf turns around and answers with a time (e.g. three o'clock). He then turns his back again while the pupils advance three spaces by jumping forward. They repeat the chant 'What's the time Mr Wolf?', to which Mr Wolf will continue to respond until the pupils come very close to the end line. Once the line of pupils come close, Mr Wolf can respond to the chant by saying 'It's dinner time!' at which point he will turn and chase the pupils back to the starting line with the aim of catching them. Select another pupil to be Mr Wolf and repeat the activity.



Variations

- Change the locomotor skill used to move towards Mr Wolf, e.g. walk, hop, side step, etc.
- The activity can also be called Mrs Wolf. Invite a female pupil to act out this role.

Equipment

An open playing area



- **Emphasise the FMS of landing. Encourage pupils to hold the landing position before taking the next jump.**
- **Ensure pupils exercise caution when running away from Mr. Wolf. Turn around and run back to the start in a straight line to avoid colliding with other pupils.**
- **Pause the activity at intervals to focus on the specific teaching points for landing in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise on the spot and then return to the activity. Provide feedback to individuals when they perform correct landing technique during the activity.**



- In your PE journal, draw a picture of you landing after jumping.



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