





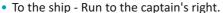
ATHLETICS

ES

OUTDOOR S

Description of Activity

Invite pupils to find a space within the playing area. The activity is played using the following teacher commands.



- To the island Run to the captain's left.
- Hit the deck Lay down on your stomach.
- Attention on deck Salute and call, "Aye, aye captain".
- Three men in a boat The crew must form groups of three.
- Clear the deck Everyone must have their feet up off the floor.
- Scrub the deck Everyone on their knees scrubbing.
- Man overboard Pupils must find a partner as quickly as possible.
- A Periscope Every pupil falls on their back and sticks one leg in the air.
- Shark Everyone must run to a designated base.
- Three maids in a row Children form groups of three and sit in a straight line.
- Bow Run to the front of the playing area.
- Stern Run to the back of the playing area.
- Port Run to the left side of the boat.
- Starboard Run to the right side of the boat.
- Row the Boat Each pupil finds a partner, sits face-to-face, holds hands, and pretends to row a boat.

Variations

• Change the locomotor skill used to move around the area, e.g. skipping, hopping, side stepping, etc.

Equipment

An open playing area



- Encourage pupils to run into their own space to prevent collisions.
- It may be useful to print out the list of commands or discuss them with pupils in class before PE.



Design a running game based on a theme of your choice. Describe it in your PE journal, and play it with your friends.



long • deic • triúr i mbád • fear thar bord • siorc • peireascóp • ceann • deireadh • port • deasbhord

