



Description of Activity

Set up a large defined playing area (the paddock) with a small square in one corner (the stable). Arrange pupils in pairs (horses and jockeys). The horses wear coloured tags (bibs tucked into their uniform) and run freely around the paddock. Their partner, the jockey, runs after them and attempts to grab the bib. Once the bib is grabbed the horse must run back to the stable with the jockey, and the roles are reversed.



Variations

- Invite pairs of pupils to run around the area together until the teacher calls 'horses bolt'. Give the horses three seconds to get away from the jockeys.
- Vary the locomotor skill used to move around the area, e.g. skipping, side stepping.
- Increase or decrease the number of jockeys or horses.

Equipment

An open playing area, bibs



- Discuss the effect on correct running technique when competition is introduced to the activity.
- Pause the activity at intervals to focus on the teaching points for running 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 are running during the activity.



- At home, watch video clips of professional athletes running. In your PE journal, write down three things that you found interesting about their running technique.



dhá ghrúpa • na capaill • na marcaigh • bibeanna • rith • breith ar an bibe • cor i leataobh • malartaigh