



## Description of Activity

Set up a large defined playing area and invite pupils to find their own space. One pupil holds a ball (the time bomb). A timer is set for a predetermined time and pupils skip around the playing area avoiding the pupil with the time bomb. The pupil carrying the time bomb can get rid of it by gently touching it against another pupil, who then becomes the holder of the bomb. Everyone tries to get rid of the time bomb as quickly as possible. When the timer goes off the pupil carrying the time bomb explodes, runs around the outside of the playing area and then joins the next game.



## Variations

- Introduce more time bombs or play smaller sided games to involve more pupils.
- Introduce additional exercises, e.g. if you have passed on the time bomb you must perform simple tasks like a star jump to rid yourself of any bomb traces.

## Equipment

An open playing area, one ball, timer



- Ensure pupils are tagged safely on the trunk of the body and prohibit any throwing of the time bomb.
- Vary the length of time to detonation of the bomb.
- Discuss the teaching points of skipping at intervals during the activity. Reinforce the teaching points being addressed in this lesson and revise the learning from previous weeks.



- In this activity it was necessary to react quickly. Why is this important? Think of times in everyday life when quick reactions are important. List them in your PE journal.



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