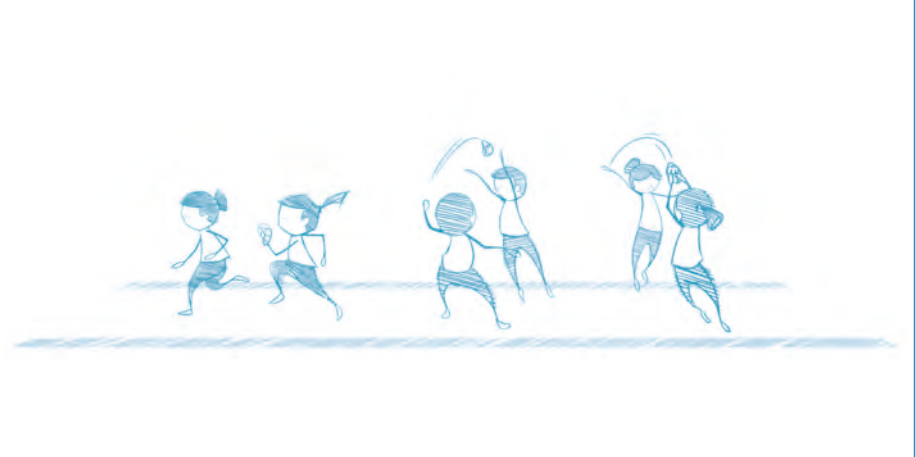


## Description of Activity

Arrange pupils in pairs. The pairs scatter around the area with a beanbag, facing each other. On a signal, pupils side step around the area, passing the beanbag to each other. When the teacher calls 'tag', the pupil holding the beanbag chases their partner trying to tag them with it. Once they tag their partner, pupils resume passing and keep playing until the next tag signal is called.



## Variations

- Make this a competition. When 'tag' is called, see who can evade their partner for the longest time.
- Vary the locomotor skill used to travel, e.g. hopping or skipping.
- Implement a time limit for taggers, e.g. ten seconds, after which pairs continue passing.

## Equipment

An open playing area, beanbags



- Ensure pupils keep their heads up and eyes open when chasing.
- Pause the activity at intervals to focus on the teaching points for side stepping 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 side stepping during the activity.



- Practise side stepping at home. Ask a family member to play with you and give them feedback on their side stepping technique.



- i mbeirteanna • málaí pónaire • pas a thabhairt • céimeanna ar leataobh • dalta leis an mála pónaire • cluiche tóraíochta



## Description of Activity

Set up a defined playing area using cones. Arrange pupils in even numbered groups, e.g. eight, ten or twelve, with one pupil as the 'chaser' and another pupil as the 'chased'. The remaining pupils find a partner and link arms anywhere inside the playing area. All pairs can move around by side stepping but must have their inside arms linked and their outside arm outstretched. The two pupils playing chase play as normal, however, the chased pupil may link arms with any pair to avoid being tagged at any time. When this contact is made, the pupil on the other end of the pair is released and becomes the chased. If the chased pupil is tagged, they become the chaser.



## Variations

- Change the locomotor skill used to move around the area, e.g. running or skipping.
- Increase the number of chasers and chased.

## Equipment

An open playing area, cones



- Ensure pupils don't grab or pull the arm of the pupil in the chain they are joining.
- Pause the activity at intervals to focus on the teaching points for side stepping 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 side stepping during the activity.



- In your PE journal, draw a picture of the correct side stepping technique and list the teaching points beside the picture.



céim ar leataobh • grúpaí atá cothrom • tóraí amháin • lámha nascaithe • scaoiltear saor an dalta eile

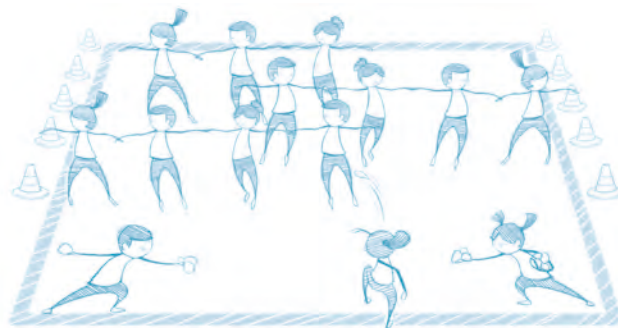


## Description of Activity

Set up a large rectangular playing area, with spot markers (levels) at three metre intervals along the side of the area as seen in the diagram.

Pupils line up side by side in groups of four at one end of the hall. Each group wear a different coloured bib, these pupils are the invaders. One pupil plays the role of the shooter and positions themselves at the far end of the hall. The shooter is helped by three teammates to collect and retrieve the balls.

The aim of the game is for the shooter to hit all the moving invaders before they reach a certain level. Spot markers positioned along the side of the playing area are used to indicate the levels of progression by the invaders. The invaders must side step across the hall as the shooter throws balls attempting to hit them. On a signal by the teacher the invaders move a level closer to the shoot, as indicated by the spot markers. When an invader is hit by the ball below the waist they must leave the playing area.



## Variations

- If space allows, set up multiple smaller versions of this game.
- Rather than knocking pupils out of the game they must return to the first level and join in at the back.

## Equipment

An open playing area, spot markers, bibs, soft balls



- Remind pupils that the focus is not on dodging and they can only side step to get out of the way.
- The invaders must be encouraged to side step in unison and begin slowly, like the arcade game.
- Ensure that all balls thrown are below knee level.



- In your PE journal, design a playground game that involves side stepping.



ceathrar • bibeanna éagsúla • na hionróirí • na caiteoirí • céim níos cóngaraí • a bhualadh • cor i leataobh



GAMES

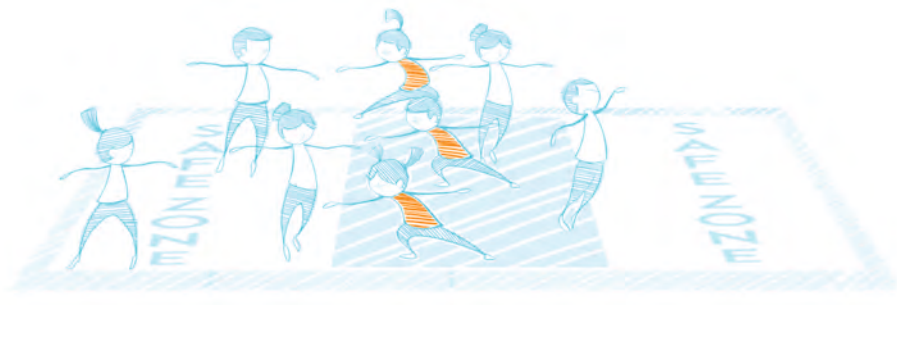


OUTDOOR &  
ADVENTURE

## Description of Activity

Set up a large rectangular playing area using cones with a safety zone at either end. Select three taggers to stand in the middle of the playing area wearing a bib. All remaining pupils stand at one end of the playing area. When the taggers call 'Cross the Sea', the other pupils must side step to the safety zone at the opposite end without being tagged (taggers also can only move using side stepping). When tagged, the pupil joins the taggers in the middle of the playing area. Pupils may only change ends when 'Cross the Sea' is called.

Continue in this way until only three pupils are left. They become the taggers for the next game.



## Variations

- Vary the locomotor skill used to move, e.g. skipping, running, hopping, etc.
- Allow pupils to cross the sea whenever they wish, however, when 'Cross the Sea' is called, all pupils must leave the safety zone.

## Equipment

An open playing area, bibs



- Ensure pupils practise safe and respectful tagging technique.
- Pause the activity at intervals to focus on the teaching points for side stepping 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 side stepping during the activity.



- Practise side stepping in the yard at lunchtime. Pick out landmarks in the yard and create a side stepping course. Draw a map of the course in your PE journal.



- zón sábháilte • triúr mar thóraithe • bibeanna orthu • farraige a thrasnú • céimeanna ar leataobh • ag an taobh eile

## Description of Activity

Arrange pupils in two groups. Each group consists of two circles with approximately three pupils in the inner circle and twelve in the outer circle. All three pupils in the inner circle start with a ball and face out towards the larger circle. Those in the inner circle throw the ball to the pupil directly opposite them in the outer circle who pass it back immediately. The outer circle pupils side step clockwise in unison.

Pupils continue throwing to each other while the outer circle continue side stepping clockwise. The teacher may choose to maintain the same throwing/rotating order or alternate it.



## Variations

- Speed up or slow down the side stepping to suit the ability of the group.
- Try other ways to pass the ball, e.g. overhand throw, underhand throw or kick pass.
- Adjust the distance between the circles depending on skill level.

## Equipment

An open playing area, balls



- Encourage pupils to keep their eyes open, watching for balls from other pupils.
- Focus on side stepping correctly and not crossing legs to step sideways.
- Encourage pupils to call the name of the person to whom they are passing.



- In pairs, practise throwing and catching while side stepping around the yard. Time how long can you keep going without dropping a ball.



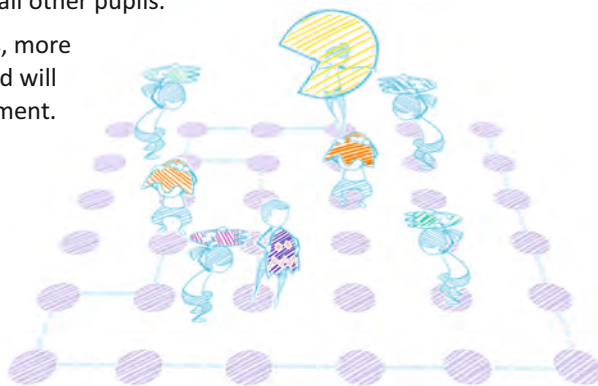
dhá chiorcal • liathróid • os a gcomhair • céim ar leataobh • caitheamh



## Description of Activity

Use spot markers to create a Pac Man course - a square checkered pattern with spots markers at one metre intervals as shown in the image. Select one to three pupils (taggers) to wear bibs. Taggers can only move by side stepping from one spot marker to the next spot marker. The remaining pupils move by side stepping along straight lines between the spot markers. If a pupil is tagged they must crouch down into a squat position and maintain that position, becoming a now impassable obstacle to all other pupils.

As the game progresses, more pupils will be tagged and will block avenues of movement.



## Variations

- Alter the placement of the spot markers to create a maze.
- Invite pupils that have been tagged to perform a balance.
- If space and equipment allow, set up additional courses.

## Equipment

A hard surfaced playing area, bibs, spot markers, chalk



- Show pupils what the Pac Man game looks like in class before the lesson to create a visual cue and to remind them of the straight lines they must travel in.
- Pause the activity at intervals to focus on the teaching points for side stepping 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 side stepping during the activity.



- Use chalk to draw a Pac Man grid at home or in the yard and play this or a similar game with your friends.



spotáí • cúrsa • céim ar leataobh • línte díreacha • crom síos • blocáil



DANCE



GAMES



GYMNASTICS

## Description of Activity

Use cones to create a line through the middle of the hall. Arrange pupils in pairs and invite them to face each other on either side of the line. Pupils are tasked with synchronising their side stepping movement as they travel the length of the hall. Pupils are then given a ball to pass to each other as they side step across the hall.



## Variations

- Increase the distance between the pairs.
- Use a variety of different types of balls.
- Vary the catch - single handed, clap first before catching.
- Once the line is established, take the line outside, around the yard and through any open, hazard free space available.

## Equipment

A hard surfaced playing area, balls, cones



- **Remind pupils to communicate and keep pace with their partner by slowing down or speeding up.**
- **Pause the activity at intervals to focus on the teaching points for side stepping 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 side stepping during the activity.**



- **Practise side stepping every day this week. List all of the places and ways you practised in your PE journal. Don't forget to practise leading from both feet.**



cóin • i mbeirteanna • céimeanna ar leataobh • a shioncronú • liathróid



## Description of Activity

Arrange pupils in groups of ten. Use cones to set up a large square for each group. Invite two pupils to act as taggers and assign a ball or beanbag to each of them. The taggers attempt to tag the other pupils with the ball within the confines of their square. Pupils evade the taggers using a side stepping action around the square. Once a pupil is tagged they take the place of the tagger.



## Variations

- Vary the locomotor skill used to move around the square, e.g. skipping, hopping or running.
- Vary the size of the square or change the number of taggers.
- Set a quota of pupils the tagger must catch before switching roles, e.g. three or five.

## Equipment

An open playing area, small balls or beanbags



- **Pause the activity at intervals to focus on the teaching points for side stepping 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 side stepping during the activity.**



- **Create a movement sequence using side stepping, shapes and balances. Draw the sequence in your PE journal and practise it in the yard with your friends.**



cearnóg • deichniúr i ngach cearnóg • lámh a leagan ar • cor i leataobh • tóraí