



ATHLETICS



GAMES

Description of Activity

Set up two squares (one metre by one metre) using four cones for each square. Place a spot marker in the centre of each square. A gap of two metres should be left between both squares. Pupils are arranged into pairs (A and B). A pair of pupils stand on the centre spot marker of both squares facing each other. The aim of the activity is for pupil B to mirror the movements of pupil A. Pupil A touches any cone and their partner attempts to mirror the action. Invite pupils to progress to touching two cones, then three cones, etc, with an aim to daze and confuse your partner. Keep the duration of each activity to thirty seconds.



Variations

- Include another skill such as balancing a sliotar while dodging.
- Invite both pupils to balance a beanbag on their head to ensure their head is upright throughout.
- The leader must return to the middle of their square each time before touching a different cone.

Equipment

An open playing area, cones, spot markers



- Pupil A must keep facing forward and avoid turning their back to pupil B.
- Pupil B needs to keep their eyes focused forward and maintain a low body position.
- Set up enough squares to ensure wait time is minimal and ensure only one pair work in the squares at any give time.



- Keeping your head up is essential for this activity. In your PE journal, write three reasons why it is important to keep your head up when playing games.



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