



## Description of Activity

Set up multiple square playing areas using cones (approximately ten metres by ten metres). Arrange pupils in groups of six. Invite two pupils to act as the chasers, wearing bibs. The remaining four pupils try to evade the chasers. To play the game, chasers have one minute to catch all four runners. If tagged, a runner has to freeze and count to ten out loud before starting to run again. The aim for the chasers is to have all four runners frozen at the same time.



## Variations

- Vary the locomotor skill used to move, e.g. change running to skipping, hopping or side stepping. Note that if using a slower locomotor skill, make the square smaller.
- Vary the action performed when frozen, e.g. star jumps, burpees, etc.
- Increase the number of pupils in each square and vary the number of taggers where appropriate.

## Equipment

Defined grass or hard area, bibs



- If a pupil cannot take part in PE, invite them to record the time for groups.
- Ensure there is adequate space between each group.
- Pause the activity at intervals to focus on the teaching points for dodging 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 perform the dodging action during the activity.



- Play Freeze and Count Tag in the yard at lunch time.



- seisear • beirt thóráí • ceathrar ag rith • reoigh • comhaireamh go dtí a deich • reoite ag an am céanna