



## Description of Activity

Arrange pupils in pairs (A and B). Invite pupil A to dodge around the playing area in an attempt to free themselves from pupil B, who follows them as closely as possible. On a signal from the teacher all pupils stop. Pupil B attempts to take one step and touch pupil A. Reverse the roles.



## Variations

- Vary the locomotor skill used to move around the area, e.g. hopping or skipping.
- On a signal from the teacher, pupils must perform a balance and hold it until the teacher says 'move'.
- Make it a competition and see which pupil gets furthest away from their partner.

## Equipment

An open playing area, footballs



- Encourage pupils to keep their heads up and watch where they are going.
- 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.



- In your PE journal draw a picture of you dodging. Label the teaching points on your picture.



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