



ATHLETICS

Description of Activity

Set up a large area free of obstacles. Invite pupils to tuck a tag (tail) into their uniform at their hip. On a signal, each pupil tries to snatch another pupil's tail. Once a pupil has grabbed a tail, they tuck it into their uniform. Pupils can only snatch one tail at a time. Even if a pupil is tail-less they continue to play. The pupil with the greatest number of tails when the teacher stops the activity wins.



Variations

- To vary the activity use different coloured tags. Each colour can be worth different points, e.g. red = two points, blue = five points, green = ten points, etc.
- Vary the locomotor skill used to move around the area, e.g. hopping or skipping.

Equipment

An open playing area, bibs



- Ensure pupils tuck the tags into their uniforms at the hip only.
- 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.



 Think about a famous sports star. In your PE journal, explain how they use dodging in their sport.



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