

## Description of Activity

Arrange pupils in groups of four (A, B, C, D). Three of the pupils (A, B, C) join hands and create a triangle around a spot marker which is placed on the ground between them. Invite pupil A to act as the goalie. Invite pupil D to act as the catcher. The aim of the activity is for the team of three (A, B, C) to use their agility and dodging skills to keep the goalie (A) away from the catcher (D) by moving and rotating around the spot marker. Regularly rotate positions and encourage pupils to move in both directions. Pupils must remain on their feet and hold hands at all times during the activity.



## Variations

- Line up the three pupils one behind the other. Each pupil in the line holds the shoulders of the pupil in front. The free pupil (the fourth pupil) must tag the pupil at the end of the line.
- Add an extra pupil to make the triangle a square.
- Vary the locomotor skill used to move around the area, e.g. hopping.

## Equipment

An open playing area, spot markers



- Ensure each group has adequate space to move.
- Each group of three should move together and not pull or tug on each other's arms.
- Encourage pupils to stay low with knees bent, stay light on their feet and push off when changing directions.



- Triangle tag requires pupils to follow rules in order to enjoy it fully. Often, lessons we learn while playing sports apply to everyday life. For homework think of one instance where you learned a useful life lesson while taking part in sport.



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