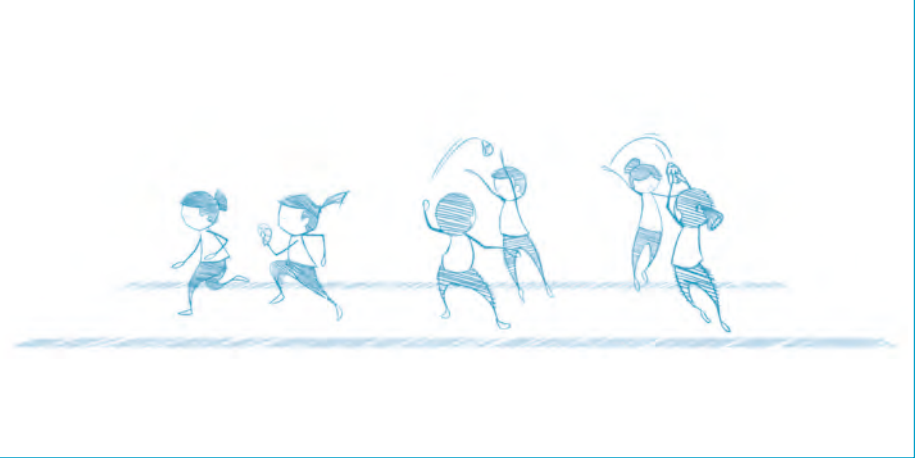


Description of Activity

Arrange pupils in pairs. The pairs scatter around the area with a beanbag, facing each other. On a signal, pupils side step around the area, passing the beanbag to each other. When the teacher calls 'tag', the pupil holding the beanbag chases their partner trying to tag them with it. Once they tag their partner, pupils resume passing and keep playing until the next tag signal is called.



Variations

- Make this a competition. When 'tag' is called, see who can evade their partner for the longest time.
- Vary the locomotor skill used to travel, e.g. hopping or skipping.
- Implement a time limit for taggers, e.g. ten seconds, after which pairs continue passing.

Equipment

An open playing area, beanbags



- Ensure pupils keep their heads up and eyes open when chasing.
- Pause the activity at intervals to focus on the teaching points for side stepping 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 are side stepping during the activity.



- Practise side stepping at home. Ask a family member to play with you and give them feedback on their side stepping technique.



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