



ATHLETICS



DANCE



GAMES

Description of Activity

Invite pupils to spread out within a large defined playing area. The teacher adopts the role of 'Cari' and guides pupils to explore different running techniques by using the following commands:

'Cari on running... leaning backwards; leaning forwards; quickly; slowly; heavily on your feet; lightly on your feet; with long bouncy strides; with high knees; with long arms; with fast arms; with arms swinging across your chest; alongside a partner; following a leader; over an imaginary object; etc.'

After a number of commands, select a pupil to adopt the role of Cari.



Variations

- Vary the locomotor skill used to move in the space, e.g. walk, skip, hop, jump etc.
- Arrange the pupils in pairs and invite them to take turns providing running instructions for each other.

Equipment

A defined hard or grass area, a coloured bib



- Use Cari's commands to identify what is correct and incorrect running technique.
- Pause the activity at intervals to focus on the specific teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise individually and then return to the activity. Provide feedback to individuals when they demonstrate correct running technique during the activity.



- In your PE journal, draw one picture of you running.



- ag triail • slite éagsúla • cur síos ar na treoracha • eiseamláirí • ag rith go mall • go héadrom • lámha ag luascadh

Description of Activity

Invite pupils to find a space in a large open playing area where they are not in contact with anyone else. On a signal, pupils move around the playing area in response to the following commands.

- Red: stop
- Amber: walk
- Green: run



Variations

- Change the instructions for each colour, e.g. amber: move on hands and feet.
- Invite pupils to perform a balance when red is called.
- Change the vocal commands to whistle commands e.g. short whistle for green, three short whistles for amber and one long whistle for red.

Equipment

An open playing area



- **Ensure pupils exercise caution when running. Invite them to imagine that they are inside a bubble, and if they touch anyone else, their bubble will burst and they will have to stop and spend five seconds blowing it back up again.**
- **Pause the activity at intervals to focus on the specific teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise individually and then return to the activity. Provide feedback to individuals when they demonstrate correct running technique during the activity.**



- **Create your own commands for green, red and amber. Practise with a friend in the yard.**



dearg = stad • oráiste = bígí ag siúl • glas= bígí ag rith • éist le treoir an mhúinteora



ATHLETICS



GAMES

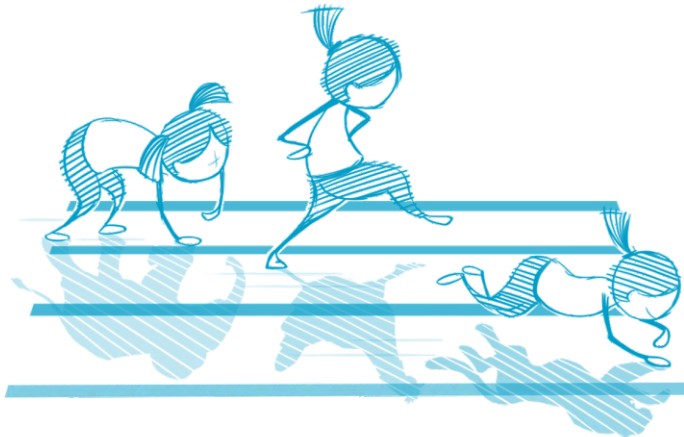


OUTDOOR &
ADVENTURE

Description of Activity

Invite pupils to move freely around the playing area using the movements of a particular animal suggested by the teacher, e.g. a bunny (hopping); a seal (sliding); a snake (slithering), an emu (running); a kangaroo (jumping) or a crab (crawling). After a period of time, invite pupils to select their own animal movement and to move freely around the area.

Now focus on animals running. Select a range of animals such as a cheetah, an elephant, a chicken or a hippo. Invite pupils to identify differences in the running techniques of the various animals. Investigate the elements that help the animal to run faster and similarly the elements that may slow them down.



Variations

- Arrange pupils in pairs, with each pupil having to guess the other's animal.

Equipment

An open playing area



- **Pause the activity at intervals to focus on the specific teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise individually and then return to the activity. Provide feedback to individuals when they demonstrate correct running technique during the activity.**



- **Show someone at home what you learned about running today.**



- **ainmhíthe éagsúla • coinín ag preabadh • rón ag sleamhnú • nathair ag sliodarnach • éamú ag rith • kangarú ag léim • portán ag lamhacán**



Description of Activity

Arrange pupils in groups of four. Each group lines up behind a hoop at one end of the hall. Place a large variety of equipment (beanbags, balls, etc) at the other side of the playing area. On a signal, the first pupil in each group must run out, select any piece of equipment from the opposite end of the playing area, and return to their group. Only when they have placed their piece of equipment softly into their hoop can the next pupil run to retrieve another piece. The team with the most items at the end of the activity wins.



Variations

- Call out specific colours of equipment so the pupils can practise identifying the colours.
- Vary the locomotor skill used to retrieve the equipment, e.g. run, hop, skip, jump, side step etc.
- Arrange the pupils into four groups and place one group in each corner of the playing area. Place the equipment in the centre of the playing area. Once the equipment has been retrieved from the centre, pupils may steal equipment from other groups hoops.

Equipment

An open playing area, a variety of PE equipment including hoops, beanbags, balls of various sizes, rackets etc.



- Ensure that there are enough pieces of equipment for each pupil to retrieve at least one item and ensure the equipment is spaced out to reduce the possibility of pupils colliding.
- Pause the activity at intervals to focus on the specific teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise individually and then return to the activity. Provide feedback to individuals when they demonstrate correct running technique during the activity.



- Practise running at home in your garden or in a safe space in your house. Teach the correct technique to someone who lives with you.



- spás oscailte • conas a ghluaiseann an t-ainmhí? • bunscoilleana gluaiseachta • nathair • moncaí • eilifint • sioraf • frog • séabra • siota • coinín • leon

Description of Activity

Invite pupils to find a space in the playing area. Invite two pupils to be the taggers who wear a bib. A third pupil, carrying a hoop, acts as the lifesaver. The remaining pupils run freely around the playing area. When a pupil is tagged they must freeze with their arms stretched high above their head. To be set free the lifesaver must place the hoop over a tagged pupil's head and move it down their body towards the ground. The freed pupil then becomes the lifesaver.



Variations

- Increase the number of lifesavers or taggers in the activity.
- Pupils perform a balance when tagged.
- Vary the locomotor skill used to move around the space, eg. hop, skip, walk, etc.

Equipment

An open playing area, hoops and bibs



- Ensure that there is enough space for all pupils to move around safely.
- Pause the activity at intervals to focus on the specific teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise individually and then return to the activity. Provide feedback to individuals when they demonstrate correct running technique during the activity.



- Ask a grown-up at home to teach you a running game that they used to play when they were younger.



beirt thóraí • fonsa • garda tarrthála • lámha in airde



ATHLETICS



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Arrange the pupils in groups of four at one end of a large playing area. Scatter a full set of cones throughout the playing area and randomly place bean bags under some of the cones. On the teacher's signal the first pupil from each group runs into the playing area, looks under one cone, checks for a beanbag and then returns to their group with the beanbag if they were successful. Once tagged the next pupil in line can go in search of a beanbag. A pupil may only check one cone during their turn.



Variations

- If a pupil discovers a beanbag under a cone, they must transport it back to their group by balancing it on their head.
- Alter the locomotor skill used to move in the playing area, e.g. skip, hop, jump etc.
- Assign a number of points to the different coloured beanbags. Count the points for each group at the end of the activity.

Equipment

An open playing area, cones, beanbags



- It may be helpful to organise groups in the classroom before the PE lesson.
- Invite a pupil from each group to help in setting out the beanbags each time.
- Pause the activity at intervals to focus on the specific teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise individually and then return to the activity. Provide feedback to individuals when they demonstrate correct running technique during the activity.



- Ask a grown-up at home to make a small scavenger hunt for you using toys under tea-towels.



beirt thóráí • fonsa • garda tarrthála • lámha in airde



ATHLETICS



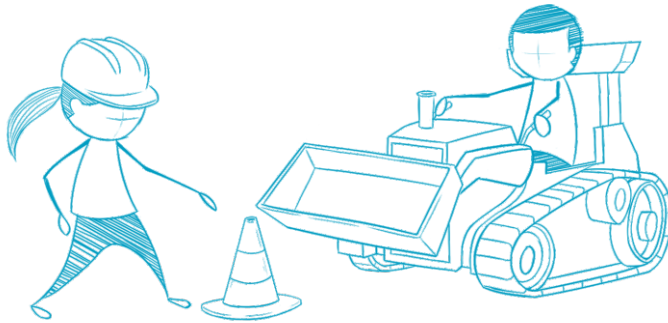
GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Set out tall cones throughout the playing area. Arrange the pupils in two groups. Invite one group to act as the bulldozers. They will be wearing bibs and their job is to tip over as many buildings (tall cones) as they can. The remaining pupils will act as builders. They will have to rebuild the fallen cones by standing them back up. After a set amount of time, swap roles. Alternatively small saucer cones can be used, with the bulldozers turning the cones upside down and the builders restoring them the right way up.



Variations

- Invite the bulldozers to knock down the cones with different body parts such as knees, toes, hips, or elbows.
- Increase the size of the playing area, spreading out the cones to ensure pupils get an opportunity to practise their running technique over a longer distance.

Equipment

An open playing area, tall cones, bibs



- **The concept of dodging is important when playing builders and bulldozers. This may be a useful opportunity to (re)introduce the skill.**
- **For safety purposes remind pupils to watch out for other pupils who may have their heads down while building or bulldozing.**
- **Demonstrate and practise safe bending and lifting techniques so that pupils can protect their backs.**



- Draw a picture of you winning a running race in your PE journal.



beirt thóráí • na carranna • bonn pollta • ar na glúine • uillinn ar an dtalamh

Description of Activity

Arrange the pupils in groups of five. Set out a line of three or four hoops as far apart as space allows for each group. On a signal, the first pupil in each line must run to the first hoop, stand in it, lift it up over their head, return the hoop to the ground and then return to base to tag the next pupil in line. When all the pupils in the group have completed the first activity with the first hoop, they must now run out to the first hoop, complete the activity, then run out to the second hoop, complete the activity, and return to their group. For their third turn, they will have to run out to each of the three hoops before returning to the group.



Variations

- Alter the number of hoops or increase the distance between the hoops.
- Position the hoops in a zig zag layout to incorporate a change of direction.

Equipment

An open playing area, hoops, cones



- Ensure pupils are wearing correct footwear as they will be moving at a fast pace.
- Encourage pupils to place the hoops on the ground gently as someone in their group will be using that hoop after them.
- Pause the activity at intervals to focus on the specific teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise individually and then return to the activity. Provide feedback to individuals when they demonstrate correct running technique during the activity.



- Watch other pupils running in the yard. Remember who runs well.



beirt thóráí • na carranna • bonn pollta • ar na glúine • uillinn ar an dtalamh