



DANCE



GAMES



GYMNASTICS

## Description of Activity

Invite pupils to find their own space in the playing area. When the music is played, pupils move around the area using a locomotor skill such as walking, running, hopping, skipping, jumping etc. When a pupil encounters another pupil on their way around the area, they must dodge to avoid them. When the music stops, pupils must perform a balance and hold it for a count of five. Restart the music and alter the locomotor skill to repeat the activity.



## Variations

- Vary the tempo of the music and encourage pupils to move to the beat, thus promoting an understanding of rhythm.
- Change direction to the beat of the music e.g. dodge left or right every four beats.
- Pupils that lose their balance must complete five jumping jacks before rejoining the activity again.
- When the music stops, find a partner and perform a partner balance.

## Equipment

An open playing area, music



- Ensure pupils exercise caution when dodging around each other, by keeping their eyes open and looking forwards in the direction they are travelling.
- Pause the activity at intervals to focus on the specific 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.



- Ask a grown-up to put on some music for you. Show them how to dodge in time to the music.



cor i leataobh a spreagadh • ceol a sheinnt • reoigh • cúig léim • luas



ATHLETICS



GAMES



OUTDOOR &  
ADVENTURE

## Description of Activity

Use cones to set out a designated playing area. Invite three pupils to be taggers. These pupils tuck a bib into the back of their tracksuit bottoms. The other pupils find a space in the playing area where they are not in contact with each other. On a signal, pupils move around the playing area and try to avoid being tagged. If pupils are tagged, the tagger and the tagged pupil stop and face each other. The tagger tries to make the tagged pupil smile or laugh in five seconds. They cannot touch the other pupil. If the tagger is unsuccessful the tagged pupil runs free. If the tagger is successful the pupil takes a bib and becomes a tagger.



## Variations

- Alter the locomotor skill used to move around the playing area, e.g. run, hop, skip, walk, side step, etc.

## Equipment

An open playing area, bibs or tags, balls, cones



- Before beginning the activity discuss the importance of respecting each other's personal space when trying to make another pupil laugh. Ensure that pupils do not use physical touch or tickling to get their opponent to laugh.
- Pause the activity at intervals to focus on the specific 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.



- Play Laughing Tag with a grown-up at home.



triúr mar tóraithe • meangadh gáire • ag gáire • má theipeann ar an toraí • má éiríonn leis an toraí

## Description of Activity

Set up a 'safe zone' around the perimeter of the playing area. Invite three pupils to stand in the centre of the playing area, and to play the role of the shark. The remaining pupils (the fish) find a space in the safe zone. To begin the game the sharks shout "Out fishy fish, come out to play". Once this is called the fish must walk slowly into the playing area towards the sharks. The fish must keep walking forward until the sharks call "Shark Attack!". When this is called the fish must dodge away from the sharks and get outside the playing area to the safe zone without being tagged. Any fish that is tagged becomes a shark.



## Variations

- Vary the locomotor skill used to move around the playing area.
- Make the playing area bigger or smaller based on the needs of the class.
- When fish are caught they could perform a balance for a count of five before joining the sharks.

## Equipment

An open playing area, cones



- Discuss safe tagging with pupils. Ensure that pupils do not grab or push each other, and that they use soft hands to gently tag their opponents, on the back of the torso between the hip and the shoulder.
- Pause the activity at intervals to focus on the specific 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.



- Uh Oh! Something falls in front of you as you are walking down the street. In your PE journal, draw a picture of you dodging around this obstacle.



na héisc • na siorcanna • taraigí amach ag imirt • ionsaí siorca



GAMES

OUTDOOR & ADVENTURE

## Description of Activity

Arrange pupils in groups of six. Invite one group to play the role of Farmers' Wives, while the other groups are the mice. Each mouse has a tag or bib tucked into their waist. When the teacher calls 'Off with their tails!' the Farmers' Wives chase the mice and try to collect as many tags/bibs as they can in one minute. After a designated time, the bibs are counted and the number is noted by the teacher. Select another group to play the role of the Farmers' Wives and distribute the bibs to the other pupils, and play the activity again. Repeat until all groups have had a turn as the Farmers' Wives. The team that collected the highest number of bibs wins.



## Variations

- Vary the locomotor skill used to travel e.g. skipping, side stepping, etc.
- When a mouse is tagged, they must perform a balance or run around the perimeter of the playing area until the start of the next game.
- Introduce a numeracy challenge: allocate a number of points to different coloured tags. Add up the score at the end of the designated time. The group with the highest number wins.

## Equipment

An open playing area, bibs or tags



- Ensure pupils tuck the corner of the bib or the end of the tags into the band of their clothing at the hip, not at the front or back.
- Between each game reinforce the teaching points of dodging chosen for this lesson.
- Encourage pupils to work as a team to tag their classmates. This is an opportunity to discuss teamwork and tactics with pupils.



- In your PE journal, draw a picture of the three blind mice dodging away from the Farmers' Wives.



fóirne de seisear • bean chéile an fheirmeora • na luchóga • bainigí na heireabail uathu



## Description of Activity

Give a cone to approximately one third of the group. Pupils without the cones are the chasers and pupils with the cones must try to avoid them. When a chaser tags a pupil with a cone they call 'drop the biscuit'. The pupil holding the cone must drop it and then becomes a chaser. The chaser then picks up their cone and joins the other pupils with cones trying to avoid the other chasers.



## Variations

- Vary the locomotor skill used e.g. hopping only, skipping etc.
- Alter the number of chasers and cone holders to increase/decrease difficulty.
- This activity could be adapted to practise dribbling or kicking with a ball.

## Equipment

An open playing area, cones



- **Remind pupils about safe, respectful tagging. Ensure that pupils do not grab or push each other, and that they use soft hands to gently tag their opponents, on the back of the torso between the hip and the shoulder. Explain clearly to pupils how to tag safely.**
- **Ensure pupils exercise caution when dodging around each other, by keeping their eyes open and looking forwards in the direction they are travelling.**



- **Place some cones/toys/teddy bears around the back garden and dodge around them.**



cóin • tríán den rang • tóraí • lig don bhriosca titim • cor i leataobh



ATHLETICS



GAMES



GYMNASTICS

## Description of Activity

Give two pupils a blue bib and a ball or beanbag and invite them to be the frost. Give two other pupils a yellow bib and a ball or beanbag and invite them to be the sun. The frost must chase the remaining pupils and tag them by touching them with the beanbag or ball. Once tagged the pupil becomes frozen and must perform a balance with their hands held out to the side. They can only become defrosted when they are touched by the sun with the yellow beanbag/ball. After a set amount of time, pause the activity, select new taggers and play again.



## Variations

- Vary the locomotor skill used to travel around the playing area e.g. hop, skip, side step, jump, run, walk etc.
- Provide instructions for the frozen pupils' balances e.g. balance on two, three or four body parts.
- Increase the number of pupils playing the role of the frost and the sun.

## Equipment

An open playing area, bibs, soft balls or beanbags



- **Pause the activity at intervals to focus on the specific 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 playground game that involves dodging.**



**bibí gorma • bibí buí • málaí pónairí • sioc • an ghrian**



## Description of Activity

Invite pupils to attach three clothes pegs anywhere on their clothing. On a signal, pupils move around the playing area trying to steal the other pupils' clothes pegs, and dodging other pupils who are trying to steal their clothes pegs. After a designated amount of time, pause the game and allow each pupil to count their clothes pegs. Each pupil should aim to have three close pegs by the end of the game.



## Variations

- Vary the locomotor skill being used.
- Arrange pupils in two teams, identified by coloured bibs. One team can only steal the pegs from the other team. Pupils can give a spare peg to a teammate who has less than three.

## Equipment

An open playing area, clothes pegs, bibs



- Encourage the use of correct stealing technique - clothes pegs must be open before they are removed from clothing, and not simply pulled off.
- Pegs must be placed on clothing and not attached to skin. Place clothes pegs only on the front or back of the torso, or along the bottom edge of the pupils' jumpers.
- Pause the activity at intervals to focus on the specific 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.



- If you have clothes pegs at home, show a family member how to play this game.



pionna éadaigh • na pionnaí • a cheangailt • éadaí • teorainn ama



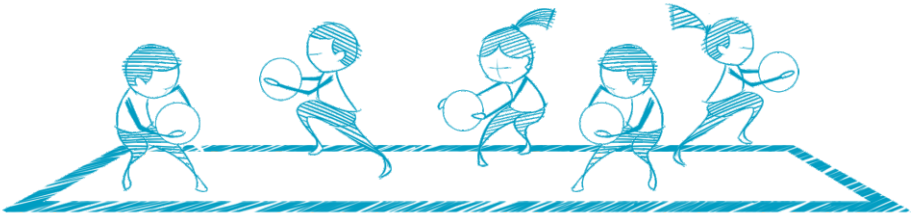
DANCE



GYMNASTICS

## Description of Activity

Arrange pupils in groups of five. Divide the playing area into five metre by five metre squares and invite one group to stand in each square. Give a spot marker or ball to each pupil. Invite pupils to hold the ball out in front of them like a steering wheel and to move around the square without touching the other pupil in the square. After a designated time, pause the activity, take a stretch break, and play again.



## Variations

- Introduce obstacles (cones) in the squares and invite pupils to dodge around them.
- Vary the locomotor skill used to move around the space e.g. skip, jog, hop, walk, etc.
- Gradually increase or decrease the size of the square.

## Equipment

Sponge balls, quoits, spot markers, cones



- Ensure pupils exercise caution when dodging around each other, by keeping their eyes open and looking forwards in the direction they are travelling.
- Pause the activity at intervals to focus on the specific 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.



- Practise dodging at home. Ask a grown-up to help you dodge off each foot.



- cúigear • grúpa sa chearnóg • liathróid • roth stiúrtha • gan lámh a leagan ar
- sos chun síneadh a dhéanamh