



ATHLETICS



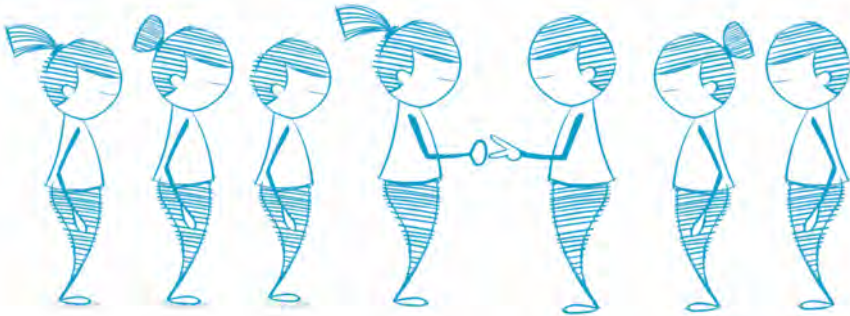
GAMES



OUTDOOR &
ADVENTURE

Description of Activity

On a signal, pupils begin walking within the playing area. All pupils should be encouraged to walk in a random direction. When they meet another pupil face to face they stop and play rock, paper, scissors with them. The winner becomes a leader and the loser now follows their new leader. The process repeats between leaders, stopping to play rock, paper, scissors. Whichever leader loses, their entire group must join the back of the winning group. This process continues until the entire class is following along behind one pupil or leader.



Variations

- Vary the locomotor skill used to move around the area, e.g. skipping, hopping or side stepping.

Equipment

An open playing area



- Discourage pupils from touching or pushing, take notice of the movement pattern of the pupil in front.



- In your PE journal, draw a picture of you walking in a crowded place.



comhartha • siúl • bealaí éagsúla • aghaidh ar aghaidh • carraig • páipéar • siosúr • ceannaire



Description of Activity

Pupils line up in single file facing the same direction. Establish a finish line in the playing area for the elephant walk. Pupils take the shape of an elephant with their right hand acting as the trunk in front of their body and the left hand through their legs as the tail. Invite pupils to hold the tail of the elephant in front of them with their trunk to create one continuous line. The group then advances forward as a line of elephants.



Variations

- Invite pupils to manoeuvre around obstacles and swerve the line of elephants as they move.
- Practise in smaller groups, then join the elephants together.

Equipment

An open playing area



- Encourage pupils to work together as a group.
- Encourage pupils to watch the pupil in front of them as their guide.
- Pause the activity at intervals to focus on the teaching points for walking 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 walking action during the activity.



- In your PE journal, draw a picture of the Elephant Walk activity.



dalta i ndiaidh an dalta eile • ceann scríbe • bolb • crom síos • breith ar • rúitíní • deas • clé



ATHLETICS



DANCE



GYMNASICS



OUTDOOR &
ADVENTURE

Description of Activity

Arrange pupils in groups of four and invite one pupil to act as the pace setter. The role of the pace setter is to change pace from very slow, to medium, to fast and back again. The rest of the group follow the pace established by the pace setter. Change the pace setter frequently giving each pupil a chance to be in that position.



Variations

- Change direction, e.g. walking on a windy path.
- Vary the locomotor skill used to move around the area, e.g. skipping or side stepping.
- Vary the height or level of walking (on tiptoes or bent over with head up).

Equipment

An open playing area with clear boundary lines



- No touching or grabbing and allow a safe space from the pupil in front.
- Ensure pupils keep their head up so they don't collide with other pupils.



- Play this game in the yard with your friends.

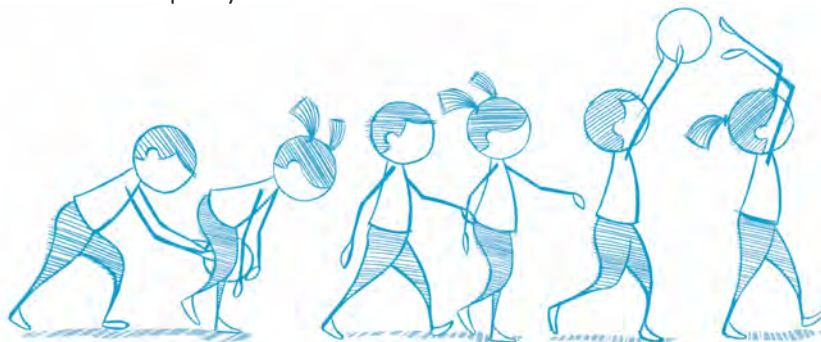


i mbeirteanna • reathaí ceann riain • an mhall • go méanach • go tapa • seans do gach páiste

Description of Activity

When travelling to another location in the school, invite pupils to walk in single file with the front pupil holding a ball. The leader passes it to the pupil behind by passing the ball over their head. The next pupil will pass the ball under their legs to the pupil behind. This pattern of over and under continues until the ball reaches the end. The pupil at the end must walk quickly all the way to the front of the line to start the activity again.

Remember, the rest of the group is still walking the entire time, so the pupil at the back has to move quickly.



Variations

- Vary the way the ball is passed back to the next pupil by rotating the body to the right or the left.

Equipment

A ball



- Ensure pupils' path is obstacle free.
- Encourage pupils to call out the word 'over' or 'under' as they are passing the ball so the next pupil is aware of the move they should make.
- Ensure that pupils are always aware of where the ball is. Also ensure pupils at the back have enough space to walk past the other pupils.
- Pause the activity at intervals to focus on the teaching points for walking 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 walking action during the activity.



- In your PE journal, write down a fun and safe walking activity we can complete as a class to move from one area of the school to the other.



áit eile • dalta i ndiaidh an dalta eile • liathróid a chuir siar • thar do cheann • idir do chosa • ceannaire • dalta ar chúil • siúl



ATHLETICS



DANCE



GYMNASTICS

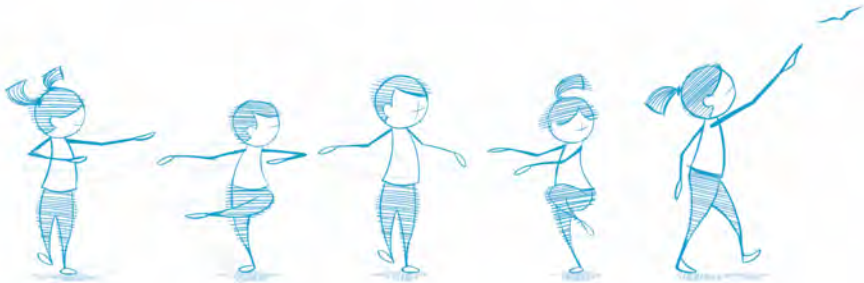


OUTDOOR &
ADVENTURE

Description of Activity

Some suggestions include:

- If you meet a teacher, complete five jumping jacks.
- If you see a bird in the sky, spin in a circle and then continue on.
- Start skipping if you see a flower.
- If you see a black car, reach to the sky and then touch your toes before continuing.
- High-five someone near you if you see a white van.



Variations

- Invite pupils to complete these challenges in pairs. They can work together to spot certain objects, or different challenges can be set to involve partner work.

Equipment

An open playing area



- Invite pupils to make up new rules giving them ownership of the activity.
- Ensure pupils all know to stay close to the group.
- Pause the activity at intervals to focus on the teaching points for walking 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 walking action during the activity.



- Play this game at home. Perform similar actions for particular cues, e.g. when you see a family member, complete five star jumps, and when you hear a phone ringing, walk forwards three steps etc.



ag siúl • ceann scríbe • rialacha • comhartha stop • éan sa spéir • scipeáil • carr • veain

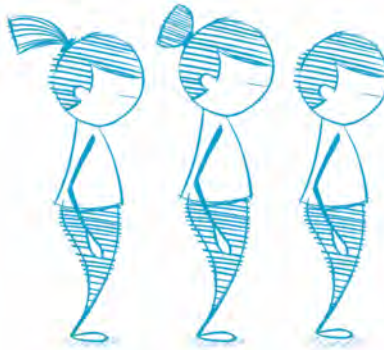


Description of Activity

Arrange pupils in groups of three around the playing area. Each group lines up in single file facing the same direction. There are three commands in the activity.

- Switch - The lead pupil and the back pupil change places.
- Change - The entire group turns around and goes the opposite direction.
- Rotate - The lead pupil goes to the back and the centre pupil becomes the new leader.

To begin the activity each group marches on the spot and attempts to execute the commands called out by the teacher.



Variations

- From marching on the spot progress to walking, running or hopping.
- Allow the pupil in the middle of each line to give the commands.
- Invite groups to compete against each other to see who can complete a series of commands the quickest.

Equipment

An open playing area



- Discourage pupils from distracting other pupils.



- Play this game in the yard with your friends.



- grúpaí de thriúr • dalta i ndiaidh an dalta eile • aistrigh • athraigh • rothlaigh
• ag mairseáil • treoracha an mhúinteora