

Description of Activity

Arrange pupils in groups of five with a hoop per group. Invite groups to place their hoops around the perimeter of a large outdoor playing area, equidistant from a central point. Lay as many small, light pieces of PE equipment as possible in the centre of the playing area (fruit salad). On a signal, one pupil from each group runs to the fruit salad, picks up one piece of fruit and carries it back to their hoop. This process is repeated until all pieces of fruit have been gathered. The group with the most pieces of fruit in their hoop wins.



Variations

- To prolong the activity allow pupils to steal pieces of fruit from each others hoops for a given time period. Freeze the activity and count how much fruit is in each hoop.
- Use cones to make a large square around each hoop as a no-go zone. Pupils must throw the fruit into the hoop from outside the square, thus focusing on throwing accuracy.
- Pupils must jump over three items of fruit before they can pick one up.

Equipment

An open playing area, beanbags, foam balls, hoops, cones



- Ensure there is adequate space to throw and pick up beanbags so as to minimise collisions.
- Play the activity in reverse to save work setting up after an activity so that the first group to get all their pieces of fruit back in the salad wins.
- 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 in isolation and then return to the activity. Provide feedback to individuals while they perform the running action during the activity.



- Play a game that involves running every day this week in the yard.



fonsaí • ciseán torthaí • thit na torthaí amach • torthaí a phiocadh suas • glaoigh amach ainm an toraidh • ag obair le chéile

Description of Activity

Arrange pupils in groups of five. Use cones to set out a large outdoor square playing area with a pupil from each group at each corner. There should be two pupils at the first corner. On a signal, one pupil from each group in the first corner jogs slowly to the next corner, tags their teammate and stays in that corner. As soon as they have been tagged, that pupil jogs slowly to the next corner and so on. The activity continues until the fifth pupil tags the first pupil, who begins the next round by jogging faster. With each new round, the speed is increased slightly, going from a slow jog, to a faster jog, to running and eventually sprinting.



Variations

- Vary the locomotor skill used to move around the area, e.g. skipping, hopping, or side stepping.
- To adapt this into a cool-down activity, reverse the sequence so that the first lap is at a running pace and the last lap is a walking pace.

Equipment

An open playing area, cones



- Remind pupils to move safely and to avoid colliding with each other at the corners.
- While waiting for their turn, pupils can perform activities, e.g. run on the spot, roll their shoulders, hips and ankles or do gentle stretches.



- In your PE journal, list three reasons why it is important to warm up before doing an activity.



cóin • cearnóg • coirnéal • ag siúl • luas níos tapúla • bogshodar • rith



ATHLETICS



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Arrange pupils in groups of four. Use cones to set out a starting point for each group. Place a hoop beside each cone. Scatter or hide the Queen's Jewels around the playground. Ensure there are more jewels than pupils. On a signal, the first pupil in each group runs out into the playing area trying to find a jewel as quickly as possible. Each pupil can only bring back one jewel at a time. When they retrieve a jewel, they place it in the hoop at their group's base. The next pupil in the group repeats the process. After a set amount of time, identify which group has collected the most amount of jewels.



Variations

- Set a time limit. Repeat the activity to see if the group can beat their record by collecting the jewels in an even faster time.
- Allocate a specific coloured jewel to each group.
- If the playing area is limited, arrange pupils into four or five groups, allowing only one pupil from each group to run at any time.

Equipment

An open playing area, cones, hoops, crown jewels - small shiny non-valuable objects (plasticine wrapped in kitchen foil would work, invite pupils to help you make them)



- **Remind pupils to move safely and to avoid colliding with each other, making sure they keep their head up and look forward when running.**
- **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 in isolation and then return to the activity. Provide feedback to individuals while they perform the running action during the activity.**



- **Invite a grown-up to help you to make the jewels, and recreate this activity at home.**



seoda an bhanrion • seoda a aimsiú • ceann amháin ag an am • sa chiseán • ag an am céanna

Description of Activity

Arrange pupils in pairs, standing one metre apart and facing each other. All pairs line up along a centre line with a safety line positioned twenty metres behind both sets of pupils. Each pair begins by performing a rock-paper-scissors routine. A rock is a closed fist, paper is a flat hand, and scissors are the index and middle fingers in a cutting position. Paper always covers rock, rock breaks scissors, and scissors cut paper. To determine a winner, pupils count to three and form a rock, paper, or scissors. The winning pupil then chases their partner toward their safety line, attempting to tag them before they are safe. Line up again and repeat the activity.



Variations

- Use whole body rock, paper, scissors movements instead. Rock is a crouched body position. Paper is a standing, arms stretched up position. Scissors is an arms outstretched to the side position.
- Begin from a seated on the floor position.
- Vary the locomotor skill used to move, e.g. skipping, hopping.

Equipment

An open playing area, cones, spot markers



- For safety purposes ensure pupils run in a straight line to the safety lines.
- Ensure there are no hazards on the ground and position safety lines at least five metres from any walls or boundaries to allow a sufficient distance to slow down.



- Play this game in the yard.



carraig • páipéar • siosúr • cluiche tóraíochta • líne sábháilteachta • pointe



ATHLETICS



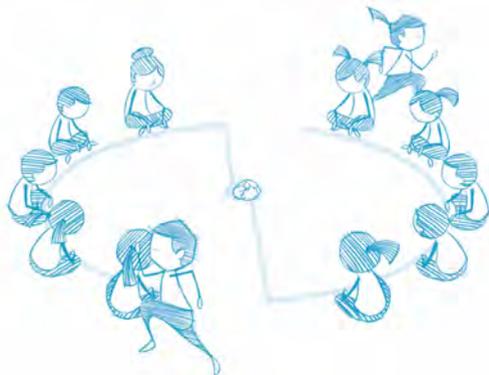
GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Invite pupils to sit or hunch in a large circle. Number pupils one to six around the circle, starting at one again at the seventh pupil. Leave one beanbag in the centre of the circle. When the teacher calls out a number, all pupils with that number stand up and run clockwise around the circle. When they arrive back to their starting places, they must run through the gap into the circle and try to pick up the beanbag.



Variations

- Arrange pupils into smaller groups of twelve with pupils numbered one to four. Whoever wins the previous round calls the number for the next round to keep the activity going.
- Remove the beanbag element to make the activity less competitive.
- Place a pile of beanbags in the centre of the circle. When a pupil retrieves a beanbag, they bring it back to their place and the group with the most beanbags at the end wins.

Equipment

An open playing area, beanbags



- Remind pupils to move safely and to avoid colliding with each other, making sure they keep their head up and eyes forward when they run.
- Introduce balancing. When waiting for their turn pupils can perform various balances.



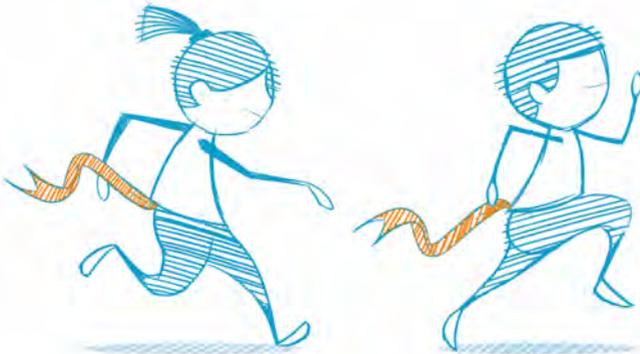
- Investigate how many seconds it takes you to run around the outside of your house. Invite a family member to time you.



suite i gcorcal • uimhir • málaí pónairí • deiseal

Description of Activity

Give each pupil a ribbon (tail), and invite them to tuck it into the elastic band of their trousers at the hip. On a signal, pupils chase each other and attempt to catch each others tails. If a pupil loses their tail, they are not out of the activity, as they can continue attempting to capture a new tail from pupils who are still wearing theirs. If a pupil catches a tail, they can tuck it into their trousers as an extra tail. After a set time, stop the activity and count how many tails pupils have gathered.



Variations

- Arrange the class in two groups, playing against each other. The group with the most tails at the end of the activity wins.
- Adjust the playing area available, decreasing to make it harder.
- Using two groups, time how long it takes for one group to capture all of the other groups tails.

Equipment

An open playing area, ribbons



- **Pause the activity at intervals to focus on the teaching points for running 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 running action during the activity.**



- **In your PE journal, draw a picture of this activity. List three things you like about this game.**



ribín • eireaball • rith timpeall • breith ar na heireabail • eireaball breise • síneadh



ATHLETICS



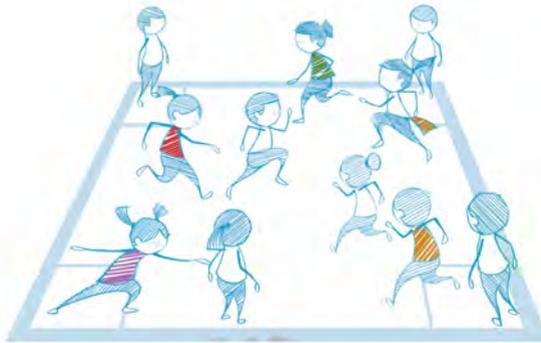
GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Use cones to set up a large defined playing area. Invite four pupils to be the taggers who each wear a different coloured bib. All remaining pupils find a space in the area and try to evade the taggers. When a pupil is tagged they put on (tuck in) a bib of the same colour worn by the person who has tagged them. Then they assist their group by tagging as many free pupils as possible. The tagging group with the most members at the end of the activity is the winner.



Variations

- Vary the locomotor skill used to move around the area.
- Invite pupils to join hands with their tagger.
- Instead of putting on a bib, a corner of the area could be allocated to each tagger and when a pupil is caught they must proceed to their tagger's corner. The tagger with the most pupils in their corner wins.

Equipment

An open playing area, bibs



- **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 in isolation and then return to the activity. Provide feedback to individuals while they perform the running action during the activity.**
- **Ensure pupils tag safely with soft hands, to the trunk of the body, without grabbing or holding on.**



- **Teach the teaching points of running that you learned today to a family member or friend.**



ceathrar tóraithe • saor • bibeanna • rith i ndiaidh



ATHLETICS



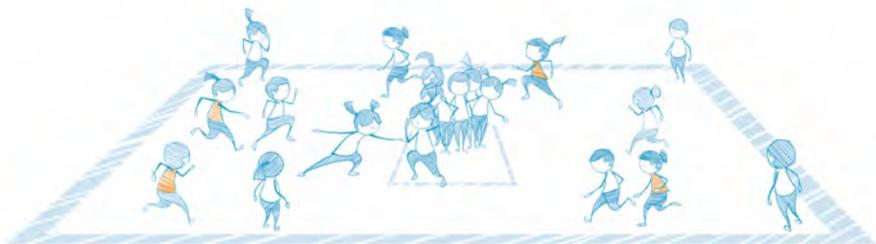
GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Use cones to set up a square in the centre of the playing area. Arrange pupils in four groups. One group is selected as the catchers and wear bibs. Pupils who are caught are placed in the designated square in the middle of the playing area. They may only be released by being touched by those pupils who are still free. The catchers must chase the other pupils, while at the same time guarding the square. Each group takes turns to chase for one minute and try to catch as many pupils as possible. When the time is up everyone freezes and the teacher counts the amount of tagged pupils in the square. If a group manages to catch all pupils before the time is up, their time is recorded.



Variations

- Vary the locomotor skill used to move around the area, e.g. skipping or side stepping.
- To add stability, when caught and placed in the catcher's square, pupils must perform a static balance until they are released.
- Increase or decrease the number of pupils in each group to alter the difficulty or set up two activities if the playing area allows.

Equipment

An open playing area, cones, bibs



- Discuss the rules and safety associated with tagging.
- After playing a couple of games give pupils time in their groups to discuss tactics on how best to excel in the activity.



- In your PE journal, draw a picture of you running in a race.



ceathrar • bibeanna • tóraithe • lámh a leagan ar • nóiméad amháin • comhairigh na daltaí