

Description of Activity

Use cones to mark out two end lines approximately five metres apart. In pairs, pupils stand one behind the other at one end line. They then place a beanbag approximately three metres in front of them. The first partner in line, walks towards the beanbag, dodges right to get around the beanbag, and proceeds to the end line. Their partner then does the same.

Return with a left dodge around the beanbag. As pupils feel more comfortable, start to vary the speed of the dodge by jogging and running.



Variations

- Progress from walking to jogging to running.
- Invite pupils to hold onto an object such as a ball as they dodge. They may also introduce a fake pass with the ball.
- Place more beanbags or cones in the dodging path or set up a circuit.

Equipment

An open playing area, cones, beanbags



- **Keep eyes open and look in the direction you are travelling.**
- **Pause the activity at intervals to focus on the teaching points for dodging in the lesson. Provide feedback to individuals while they perform the dodging action during the activity.**



- **In your PE journal, list three times in everyday life where it is important to be able to dodge.**



cóin • dhá líne deiridh • i mbeirteanna • mála pónaire • cor i leataobh • bogshodar • rith • cor ar dheis • cor ar chlé

Description of Activity

Invite two pupils to be the skunks. All remaining pupils are scattered in the playing area. Six hoops (safety zones) are placed randomly in the playing area. A pupil may stay in a safety zone for a maximum of five seconds, or if someone else steps into the hoop they must leave. One extra hoop is placed in the middle of the area, this is the skunk's den. The activity begins with the skunks in their den. On a signal, the skunks leave their den and try to tag another pupil. If successful, they change places. The new skunk must run to the centre hoop and call 'new skunk' before chasing others.



Variations

- While standing in a hoop the pupil must perform a five second balance. If they lose their balance they must leave the hoop.
- Invite skunks to wear a tag or bib.

Equipment

An open playing area, seven hoops



- Discuss safe tagging technique with pupils, e.g. soft hands, tagging the trunk of the body only, etc.
- 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.



- Changing direction is important in this activity. Set up a circuit to practise dodging at home.



scúnc • fonsaí • cluiche tóraíochta • cor i leataobh

Description of Activity

Invite one pupil to be the man from Mars. This pupil lines up at one end of the playing area and the remaining pupils line up at the other end and chant “man from Mars, man from Mars, can you chase us to the stars?”. The man from Mars answers “only if you are a boy, are a girl, have blue eyes, have brown hair, play soccer, etc.” The man from Mars must try to tag the selected pupils before they reach the other end. Pupils try to dodge the man from Mars to get to the other side. The first pupil tagged becomes the new tagger.



Variations

- Vary the locomotor skill used to move, e.g. hopping or skipping.
- Invite pupils to join the man from Mars when tagged.
- Instruct pupils that are not running in the first instance to practise jumping for height on the spot.

Equipment

An open playing area



- Encourage pupils to look up and to plant their foot when dodging.



- Play this game in the yard with your friends.



fear • na réalta • tóraí • cor i leataobh • súile ghorma • gruaig fhionn

Description of Activity

Use cones to mark out a playing area and arrange pupils in four groups. Select one group of pupils to be taggers for a set period of time, e.g. one minute. Give all pupils except the taggers a coloured bib or ribbon (tail) which they tuck into the band of their trousers at the hip. Pupils begin to run freely around the playing area, taking care to dodge around their classmates. The taggers chase the remaining pupils around the area and try to grab their tails. If a pupil has their tail removed, they must leave the playing area and perform five star jumps before returning. Upon returning to the playing area they may retrieve a new tail from the teacher and re-enter the activity. At intervals during the activity, rotate the roll of taggers. At the end of each game count how many tags have been captured. The winning group is the group that collected the most tags.



Variations

- When a tagger catches a ribbon, they have to drop it into a designated hoop or basket. Pupils with tails intact can retrieve one tail at a time from the hoop and tuck it into their pants. They can free a teammate by returning their ribbon to them.
- Play the activity in pairs, where one is the tagger and the other is the runner. The tagger tries to steal the runner's ribbon. Swap roles after a couple of minutes.

Equipment

An open playing area, bibs or ribbons, hoop or basket



- **Ensure the playing area is dry as this activity requires quick movements with changes of direction and pace.**
- **Pause the activity at intervals to focus on the teaching points for dodging in the lesson. Provide feedback to individuals while they perform the dodging action during the activity.**



- **Which sport is similar to this activity? In your PE journal, name and draw a picture of this sport.**



- **cluiche tóraíochta • ceathrar i ngach grúpa • bibeanna • tóraithe • breith ar na ribíní**



ATHLETICS



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Use cones to set out a large playing area. Invite one pupil to be the first link. On a signal, the first link chases the other pupils trying to tag them. Pupils who are tagged join hands with the first link to extend the chain. If the chain breaks apart, no tagging can happen until it is joined together again. Pupils cannot break through the chain by running through the arms.



Variations

- As the chain grows, only pupils on the end with free hands can tag. Once a chain has six links, split the chain into two equal chains.
- Vary the locomotor skill used to move, e.g. hopping or skipping.

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.**



- **In your PE journal, draw a picture of you dodging away from the chain in this activity.**



nasc • slabhra a bhriseadh • tóraí • cluiche tóraíochta

Description of Activity

Use cones to set out a relatively narrow playing area with two end lines. Arrange pupils in two groups (A and B). Group A starts at one end line. Each pupil from group B places a spot marker anywhere inside the playing area and stands with one foot on their spot. The group standing on the spots calls out 'spot watch' and pupils from group A must now move across the playing area, dodging the members of group B. Once group A reaches the end line, they stop and wait for the next 'spot watch' call. Group B must always have one foot on a spot and use that foot as a pivot. If a pupil on a spot marker tags a runner from another group, that runner must freeze in a T-balance position until a pupil from their group tags them to free them. After an allocated time, switch roles.



Variations

- Use beanbags on the end line to count how many trips each group takes.
- Increase or decrease the size of the area.
- Invite pupils on group B to count how many tags they get individually. Try to improve on this count in the next crossing.

Equipment

An open playing area, spot markers, cones



- **This activity is a great opportunity for pupils to learn about spatial awareness. When pupils place their spot marker in the playing area invite them to think about where they should place it so that they are covering as much of the area as possible.**
- **Encourage pupils to incorporate different speeds into their movement (fake a movement during the dodge).**



- **Play a chasing game in the yard to practise dodging.**



áit imeartha atá cúng • dhá líne deiridh • dhá fhoireann • spota ar aire • cor i leataobh • casadh • reoigh

Description of Activity

Invite half of the pupils to make a large circle in the playing area. The remaining pupils find a space inside the circle. Pupils forming the circle take turns to roll the ball into the circle, making sure that it stays on the floor. Pupils inside the circle must avoid the ball by dodging it rather than jumping over it. If the ball hits a pupil inside the circle below the knee, they are out and join the circle. Whoever receives the ball on the opposite side of the circle rolls it back in, again aiming to hit pupils inside the circle below the knee. After a set time, on a signal, both groups swap places.



Variations

- Arrange the class in two smaller groups and play two activities concurrently. If a pupil rolled a ball that connected with a pupil on the inside, they can swap places.
- Vary the locomotor skill used to move around inside the circle, e.g. skipping, walking, hopping, etc.
- Use a smaller ball, or introduce extra balls.

Equipment

An open playing area, soft balls



- Remind pupils inside the circle that they will have to react quickly to avoid the moving ball.
- Ensure pupils roll the ball and keep it below knee height.



- Set up an obstacle course in your garden and practise dodging around it.



leath na ndaltaí • liathróid a rolladh • a bhualadh • sos • malartú

Description of Activity

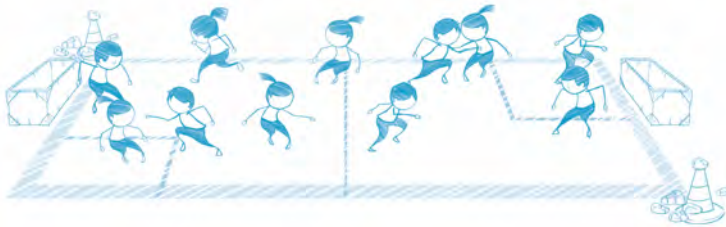
Divide a large hard or grass area in two: one area is marked 'palace one' and the other 'palace two'. Each palace has a prison, a palace tower (holding the other group's treasure) and a treasure chest (to return own group's treasure to) at the end of the area.

Arrange the class in two groups with each group beginning in their own palace area. Each member of both groups places a beanbag (or any piece of equipment) in the tower of the palace of the opposing group.

The aim of the activity is for each group to recover their treasure from behind enemy lines and return it to their own treasure chest without being taken prisoner. A pupil is taken prisoner when tagged by the enemy anywhere outside the pupil's own palace. When tagged, the captor escorts the pupil by the hand to the prison. Prisoners are released from prison if they are tagged by one of their own group members.

Any pupil who successfully reaches the enemy's palace tower without being caught selects one item to carry home to their treasure chest. Pupils carrying an item are given safe passage back to their playing area.

The activity continues until one group regains all of their lost treasure.



Variations

- Vary the locomotor skill used to move around the area.
- Decrease group size (run two or more parallel games) to decrease difficulty.

Equipment

An open playing area, spot markers or chalk, two tall boxes, two boxes/basins



- **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.**
- **Offer pupils an opportunity to discuss tactics between each game.**



- **In your PE journal, list five sports that use the skill of dodging.**



- **pálás a haon • pálás a dó • taisce • dhá fhoireann • málaí pónairí • príosúnach • línte an namhad**