

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.



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