



ATHLETICS



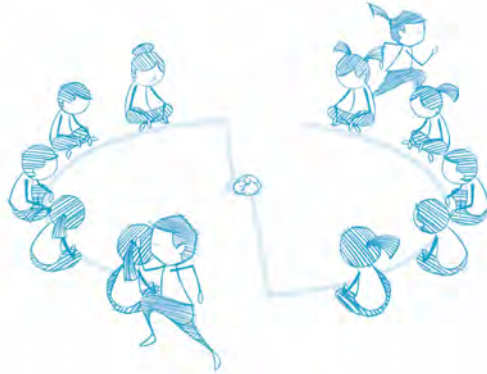
GAMES



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.



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