



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