



DANCE



AMES



GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Use cones to set out a large rectangular area with opposite base lines. Set up a small square at the back of each half to represent a jail. Arrange pupils in two groups. Each group needs a flag (or other marker). This flag is placed at the group's baseline. The aim of the activity is to skip into the other group's territory, capture their flag and make it safely back to base without being tagged. If a pupil is tagged in possession of the other group's flag, it must be returned immediately and the game continues. Each group can also tag members of the opposing group in their territory and send them to their jail. Tagged pupils can be released from jail by a member of their own group skipping into the jail and tagging them.



Variations

- Divide the playing area in half and have two activities playing concurrently.
- Each group could have a number of flags placed around their territory, with a different number of points assigned to each one based on the level of difficulty in capturing it.
- Vary the locomotor skill used to move around the area, e.g. hopping only, running and dodging.
- Introduce a focus on balance. If a pupil is in jail, they must perform a balance and hold it for as long as they can.

Equipment

Flag or other marker



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



- **Teamwork and cooperation are important in challenges like this. In your PE journal, write down three ways that your team worked well.**



dhá fhoireann • brat • scipeáil • tailte na foirne eile • breith ar an mbrat • isteach sa phriosúin • scaoileadh saor • dalta amháin ag an am