



ATHLETICS



DANCE



GAMES



GYMNASTICS

## Description of Activity

Use cones to set up a defined playing area. Invite four pupils to act as the taggers, wearing bibs or tags. All pupils must remain inside the playing area and can only move by skipping. The aim of the activity is for a tagger to tag another pupil to set themselves free. When a tagger is successful they hand over the bib or tag to the pupil they have tagged, who then takes over the role of tagger. Spread ten spot markers around the area. These spots can be used as safe zones for pupils. When standing on a spot marker, pupils must perform a one legged balance. If their second leg touches the ground at any stage they must leave the safety of the spot marker.



## Variations

- Vary the number of pupils per activity (arrange the pupils in two groups if necessary).
- To increase or decrease difficulty, vary the number of taggers and the size of the playing area.
- Vary the locomotor skill used to move around the area, e.g. hopping or side stepping only.

## Equipment

Cones, spot markers, bibs or tags



- **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.**
- **The teacher's ability to read enjoyment levels and effectiveness of an activity is key to successful teaching in PE. Regularly change the amount of taggers or alter the rules to get the most from the activity being played.**



- Practise skipping from the school gate to the school door every day this week.



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