

Description of Activity

Divide a large hard or grass area in two: one area is marked 'palace one' and the other 'palace two'. Each palace has a prison, a palace tower (holding the other group's treasure) and a treasure chest (to return own group's treasure to) at the end of the area.

Arrange the class in two groups with each group beginning in their own palace area. Each member of both groups places a beanbag (or any piece of equipment) in the tower of the palace of the opposing group.

The aim of the activity is for each group to recover their treasure from behind enemy lines and return it to their own treasure chest without being taken prisoner. A pupil is taken prisoner when tagged by the enemy anywhere outside the pupil's own palace. When tagged, the captor escorts the pupil by the hand to the prison. Prisoners are released from prison if they are tagged by one of their own group members.

Any pupil who successfully reaches the enemy's palace tower without being caught selects one item to carry home to their treasure chest. Pupils carrying an item are given safe passage back to their playing area.

The activity continues until one group regains all of their lost treasure.



Variations

- Vary the locomotor skill used to move around the area.
- Decrease group size (run two or more parallel games) to decrease difficulty.

Equipment

An open playing area, spot markers or chalk, two tall boxes, two boxes/basins



- **Pause the activity at intervals to focus on the specific teaching points for dodging 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 dodging action during the activity.**
- **Offer pupils an opportunity to discuss tactics between each game.**



- **In your PE journal, list five sports that use the skill of dodging.**



pálás a haon • pálás a dó • taisce • dhá fhoireann • málaí pónaire • príosúnach • línte an namhad