

## Description of Activity

Invite half of the pupils to make a large circle in the playing area. The remaining pupils find a space inside the circle. Pupils forming the circle take turns to roll the ball into the circle, making sure that it stays on the floor. Pupils inside the circle must avoid the ball by dodging it rather than jumping over it. If the ball hits a pupil inside the circle below the knee, they are out and join the circle. Whoever receives the ball on the opposite side of the circle rolls it back in, again aiming to hit pupils inside the circle below the knee. After a set time, on a signal, both groups swap places.



## Variations

- Arrange the class in two smaller groups and play two activities concurrently. If a pupil rolled a ball that connected with a pupil on the inside, they can swap places.
- Vary the locomotor skill used to move around inside the circle, e.g. skipping, walking, hopping, etc.
- Use a smaller ball, or introduce extra balls.

## Equipment

An open playing area, soft balls



- Remind pupils inside the circle that they will have to react quickly to avoid the moving ball.
- Ensure pupils roll the ball and keep it below knee height.



- Set up an obstacle course in your garden and practise dodging around it.



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