

Description of Activity

Use cones to mark out two end lines approximately five metres apart. In pairs, pupils stand one behind the other at one end line. They then place a beanbag approximately three metres in front of them. The first partner in line, walks towards the beanbag, dodges right to get around the beanbag, and proceeds to the end line. Their partner then does the same.

Return with a left dodge around the beanbag. As pupils feel more comfortable, start to vary the speed of the dodge by jogging and running.



Variations

- Progress from walking to jogging to running.
- Invite pupils to hold onto an object such as a ball as they dodge. They may also introduce a fake pass with the ball.
- Place more beanbags or cones in the dodging path or set up a circuit.

Equipment

An open playing area, cones, beanbags



- **Keep eyes open and look in the direction you are travelling.**
- **Pause the activity at intervals to focus on the teaching points for dodging in the lesson. Provide feedback to individuals while they perform the dodging action during the activity.**



- **In your PE journal, list three times in everyday life where it is important to be able to dodge.**



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