

## Description of Activity

Invite two pupils to be the skunks. All remaining pupils are scattered in the playing area. Six hoops (safety zones) are placed randomly in the playing area. A pupil may stay in a safety zone for a maximum of five seconds, or if someone else steps into the hoop they must leave. One extra hoop is placed in the middle of the area, this is the skunk's den. The activity begins with the skunks in their den. On a signal, the skunks leave their den and try to tag another pupil. If successful, they change places. The new skunk must run to the centre hoop and call 'new skunk' before chasing others.



## Variations

- While standing in a hoop the pupil must perform a five second balance. If they lose their balance they must leave the hoop.
- Invite skunks to wear a tag or bib.

## Equipment

An open playing area, seven hoops



- Discuss safe tagging technique with pupils, e.g. soft hands, tagging the trunk of the body only, etc.
- 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.



- Changing direction is important in this activity. Set up a circuit to practise dodging at home.



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