

## Description of Activity

Use cones to set out a relatively narrow playing area with two end lines. Arrange pupils in two groups (A and B). Group A starts at one end line. Each pupil from group B places a spot marker anywhere inside the playing area and stands with one foot on their spot. The group standing on the spots calls out 'spot watch' and pupils from group A must now move across the playing area, dodging the members of group B. Once group A reaches the end line, they stop and wait for the next 'spot watch' call. Group B must always have one foot on a spot and use that foot as a pivot. If a pupil on a spot marker tags a runner from another group, that runner must freeze in a T-balance position until a pupil from their group tags them to free them. After an allocated time, switch roles.



## Variations

- Use beanbags on the end line to count how many trips each group takes.
- Increase or decrease the size of the area.
- Invite pupils on group B to count how many tags they get individually. Try to improve on this count in the next crossing.

## Equipment

An open playing area, spot markers, cones



- **This activity is a great opportunity for pupils to learn about spatial awareness. When pupils place their spot marker in the playing area invite them to think about where they should place it so that they are covering as much of the area as possible.**
- **Encourage pupils to incorporate different speeds into their movement (fake a movement during the dodge).**



- **Play a chasing game in the yard to practise dodging.**



áit imeartha atá cúng • dhá líne deiridh • dhá fhoireann • spota ar aire • cor i leataobh • casadh • reoigh