



ATHLETICS

Description of Activity

Use cones to mark out a playing area and arrange pupils in four groups. Select one group of pupils to be taggers for a set period of time, e.g. one minute. Give all pupils except the taggers a coloured bib or ribbon (tail) which they tuck into the band of their trousers at the hip. Pupils begin to run freely around the playing area, taking care to dodge around their classmates. The taggers chase the remaining pupils around the area and try to grab their tails. If a pupil has their tail removed, they must leave the playing area and perform five star jumps before returning. Upon returning to the playing area they may retrieve a new tail from the teacher and re-enter the activity. At intervals during the activity, rotate the roll of taggers. At the end of each game count how many tags have have been captured. The winning group is the group that collected the most tags.



Variations

- When a tagger catches a ribbon, they have to drop it into a
 designated hoop or basket. Pupils with tails intact can
 retrieve one tail at a time from the hoop and tuck it into
 their pants. They can free a teammate by returning their
 ribbon to them.
- Play the activity in pairs, where one is the tagger and the other is the runner. The tagger tries to steal the runner's ribbon. Swap roles after a couple of minutes.

Equipment

An open playing area, bibs or ribbons, hoop or basket



- Ensure the playing area is dry as this activity requires quick movements with changes of direction and pace.
- 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.



Which sport is similar to this activity? In your PE journal, name and draw a
picture of this sport.



cluiche tóraíochta • ceathrar i ngach grúpa • bibeanna •tóraithe • breith ar na ribíní