



Description of Activity

Arrange pupils in groups of six. One pupil is the fox and the others are the geese. Four geese stand in a straight line, side by side holding hands. The fifth, the loose goose, is free to move. The fox tries to tag the loose goose who attempts to hide from the fox behind the line of geese. The line of geese side step left and right in an attempt to stay between the fox and loose goose to protect it. The fox and loose goose must also side step at all times. Rotate roles regularly.



Variations

- Increase or decrease the number of geese in the line.
- Vary the locomotor skill used to move around the area, e.g. running or skipping.

Equipment

A hard playing surface



- Encourage pupils to move as a group.
- Pause the activity at intervals to focus on the specific teaching points for side stepping 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 side stepping action during the activity.



- In side stepping, we move sideways while our body faces forward. In your PE journal, draw an animals that moves like this.



cúigear nó seisear • sionnach • géanna • cor i leataobh • a chosaint • líne a bhriseadh