



Description of Activity

Using cones, set up a large playing area and scatter hoops randomly around the ground. All pupils start in their own hoop except for three pupils who are nominated as taggers. Taggers chase pupils as they side step from hoop to hoop. Pupils can stay in a hoop for only three seconds before moving on. Any pupil who is tagged becomes a tagger. Pupils can only move by side stepping.



Variations

- Vary the locomotor skill used to move around the area, e.g. hopping, skipping or running.
- When pupils are tagged they can replace the tagger.
- If hoops are unavailable, invite pupils to stand on spot markers.
- Add balancing. Pupils must spend five seconds in a hoop or on a spot marker performing a balance before moving on.

Equipment

An open playing area, hoops or spot markers, cones



- Hoops can be a trip hazard when pupils move in and out of them. Ensure pupils move carefully.
- Discuss safe tagging technique with pupils.
- 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.



- Watch a video clip of a sports star that uses side stepping in their sport. In your PE journal, draw a picture of them side stepping.



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