

LINE TAG WITH A STATIC BALANCE



DANCE



GAME



GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Use the lines in the yard for this activity. If there aren't any lines, use chalk to draw lines. Pupils work in pairs (A and B). One partner is the chased and the other is the chaser. Pairs move apart from each other side stepping along the lines in the yard not knowing who will be the chaser. On a signal, the teacher calls 'A' or 'B'. If the teacher calls 'A', pupil A acts as the chaser and pupil B acts as the chased. The chased pupil must try to avoid being tagged. If a pupil is tagged they must move off the line and perform a static balance. On a second signal, pupils continue to side step on the lines until the teacher calls 'A' or 'B' again.



Variations

- If there are different coloured lines on the court instruct pupils to use a different form of movement for each colour, e.g. white is hopping, red is side stepping, etc.
- Introduce a countdown timer for the chaser to catch their partner. If the chased pupil gets away, then introduce a small forfeit for the chaser e.g. ten tuck jumps.

Equipment

An open playing area with line markings



- Often pupils will encounter a 'traffic jam' where they meet another pupil on a line. Permit them to place one foot off the line to continue. This will encourage teamwork and cooperation.
- 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.



- Practise side stepping along lines in the yard at playtime with your friends.



línte • pairtnéir • tóraí • séideadh na feadóige • rith • cor i leataobh • cothromaíocht statach