



ATHLETICS



DANCE



GAMES



GYMNASTICS

## Description of Activity

Use cones to set up a large, rectangular playing area. Arrange pupils in pairs (dodgers and catchers). Invite the dodgers to position themselves at one end of the rectangle and the chasers at the other. On a signal, dodgers attempt to cross the area to the other side without being tagged by their partner. Dodgers can only be tagged by their own partner. If a dodger gets tagged they must leave the playing area and side step back to their end and wait for the next round. Pupils change places after every activity.



## Variations

- Increase or decrease the size of the playing area.
- Introduce a point system where catchers earn one point per tag.
- Vary the locomotor skill used to move around the area, e.g. hopping, running or skipping.

## Equipment

A hard playing surface



- Ensure pupils only move by side stepping.
- 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.



- Perhaps you could try side stepping or skipping races with a friend in the yard.



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