

## Description of Activity

Arrange pupils in pairs. Invite each pair to find a space within the playing area with a beanbag per pair. When the teacher calls 'pass', pupils jog around the area passing the beanbag to each other. When the teacher calls 'tag', pupils holding the beanbag chase their partner trying to tag them with it. Once they tag their partner, pupils resume passing until the teacher calls 'tag' again.



## Variations

- Introduce a competitive element. When 'tag' is called, see who can evade their partner for the longest time.
- Vary the locomotor skill used to move around the area, e.g. hopping or skipping only.
- Use a countdown timer and if pupils can evade their partner for a set time, then their partner must perform a forfeit, e.g. five star jumps.

## Equipment

An open playing area, beanbags



- Ensure pupils keep their heads up and eyes open when chasing.
- Between each round of the activity reinforce at least one teaching point of throwing.



- Practise your overarm throwing technique at home. Invite a family member to play with you and give them feedback on their throwing technique.



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