

Playground Games and Cluichí Clóis!

Here are a number of fun games to get your class up and moving, for which very little equipment is required. Using small groups will ensure high levels of individual activity. There is no form of elimination in any of these games and this is to encourage maximum participation.

Playground games such as these allow for high levels of aerobic activity, encourage multi-directional movement and the development of spatial awareness. Most importantly the games are great fun. Bíodh spraoi agaibh agus bainigí taitheamh astu!

Beach Ball High

Equipment: Beach Ball

Description: Children stand in a circle, group of 4-6, they continually hit the beach ball and try to keep it in the air. If the ball hits the ground they must start over. One child could count and see how many times they hit the ball before it falls to the ground. Next game the group try and

beat the number of times they hit the ball from the previous game.

Hot Potato

Equipment: Balloon

Description: Children stand within a square (marked by cones or chalk), group of 4-6. The balloon is tossed into the air. Children must keep the balloon in play by using their head, arms, hands, legs and feet. The game continues until the balloon touches the ground. For a more challenging game, have the children hold hands and only allow them to use their legs and feet to keep the balloon in the air.

Magpies

Equipment: None

Description: Children line up along the start line at one end of the play area. Two children are selected to be magpies and they stand in the middle of the play area. When these two children yell, "Magpies", the other players must attempt to run

across from one side of the play area to the other without being tagged by the Magpies. Each child tagged also becomes a Magpie for the next run.

Continue playing until there are more Magpies than runners.

Team Tag

Equipment: Bibs

Description: Divide the class into four equal teams. Each team wears a different colour bib. One team is selected to act as chasers. A given time, max of two minutes, is allowed for the chasing team to tag as many of the other players as possible. When a person is tagged they must stand still. When the time is up, all those tagged are counted. Each team in turn acts as chasers. The team with the greatest number of tags is the winner.

Éiníní Ocracha

Fearas: Málaí Pónairí

Cur síos: Malaí pónairí scaipithe sa chlós. Bíodh níos lú málaí pónairí ná páistí.

Thósaíonn na páistí (éiníní) ag rith (eilit) timpeall. Nuair a shéidtear an fhéadóg déanann gach páiste iarracht málaí ponaire a phiocadh suas.

Na Bláthanna agus na Beacha

Fearas: Cóin

Cur síos: Marcáil baile le cóin ná cailc i leatthaobh den chlós. Na Bláthanna, leath den rang, (páistí ar a ghluine nó ag cromadh síos) scaipithe ar fud an chlóis. Ritheann (eitlíonn) na Beacha, an leath eile den rang, isteach is amach eathortha. Nuair a shéidtear an fhéadóg léimeann na Bláthanna in airde2 agus déanann siad iarracht breith ar na Beacha sular sroiceann siad an baile.

Compiled by Ita Seoighe, a member of the IPPEA, Irish Primary Physical Education Association. Visit www.irishprimarype.com for more details.

(More playground games available in the Physical Education Teacher Guidelines and on the PCSP website.)

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