

Event Explainer - Running / Rith

Running

Activity 1 - Traffic Lights (Soilse Tráchtá - Gluais go maith, gluais go minic leabhair 1 lth. 26)

Description of Activity

Invite pupils to find a space in a large open playing area where they are not in contact with anyone else. On a signal, pupils move around the playing area in response to the following commands. Turn it into a game of moving statues to develop.

- Red: stop
- Amber: walk
- Green: run

(REF - PDST MWMO Book 1)



Activity 2 - Rock, Paper, Scissors tag (Leaisteanna Carraige - Páipéir - Siosúir - Gluais go maith, gluais go minic leabhair 2 lth. 28)

Description of Activity

Arrange pupils in pairs, standing one metre apart and facing each other. All pairs line up along a centre line with a safety line positioned twenty metres behind both sets of pupils. Each pair begins by performing a rock-paper-scissors routine. A rock is a closed fist, paper is a flat hand, and scissors are the index and middle fingers in a cutting position. Paper always covers rock, rock breaks scissors, and scissors cut

paper. To determine a winner, pupils count to three and form a rock, paper, or scissors. The winning pupil then chases their partner toward



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their safety line, attempting to tag them before they are safe. Line up again and repeat the activity.
(REF - PDST MWMO Book 2)

Activity 3 - Make the Face - (Déan an aghaidh - tri-o.org)

Aim

Use the equipment indicated or any similar household equipment and map key to create the Funny Face accurately using information on the map.

Organisation

Set up equipment as shown. Put out extra if available to allow for mistakes.

Explain to children the concept of the word 'symbol'.

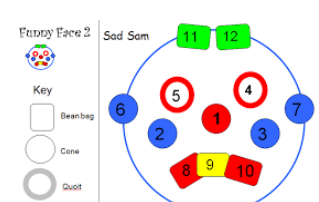
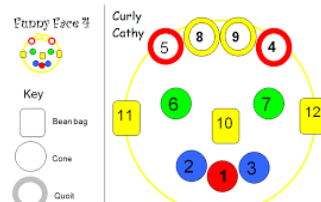
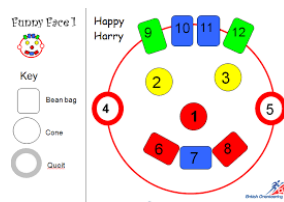
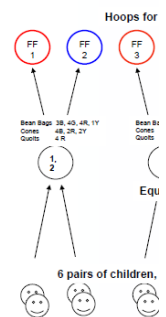
Pupil is given a Funny Face map, runs to their pile of equipment, selects the

right piece for No 1 on their map, then places it in appropriate place in their Funny Face hoop / rope.

The pupil then runs back and hands map to other person. Continue till Funny Face is complete. There is a full range of faces available free at the link below.



Funny Faces



If you don't have the any of the equipment above, you could find an replace a hula-hoop with a skipping rope, or you could make the equipment with paper and crayons and mix it all up. Have fun with it

alternative -

(Ref:

https://www.britishorienteering.org.uk/images/uploaded/downloads/schools_tri_o_resource_s.pdf)



Event Explainer - Kicking / Ciceáil

Kicking

Activity 1 - Through the Gate (Tríd an nGeata - Leabhar 1 lth. 178 Gluais go Maith, Gluais go Minic)

Arrange pupils in pairs with one ball per pair. Each pupil stands on a spot facing their partner who is also standing on a spot ten metres away. Set up a gate between each pair using two cones. Pupil A attempts to kick the ball to pupil B through the gate. One point is awarded for each pupil that successfully kicks the ball through the gate.

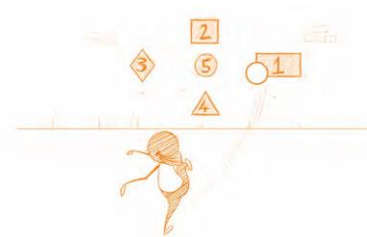
Single pupils could play the game off a wall. Increase the distance to increase difficulty. Add some targets. (ref PDST Move Well Move Often Book 1)



Activity 2 - Kick to Score (Ciceáil le haghaidh scóir - Leabhar 2 lth 175 Gluais go Maith, Gluais go Minic)

Description of Activity

Draw or stick target areas at various heights on a wall. Points should be placed in the centre of each target from one to five. Arrange pupils in groups of three or four. Pupils are given a score to achieve, e.g. ten. Groups must hit the targets on the wall to achieve that score. Pupils could try to score a penalty on Mom, Dad or a big brother or sister.

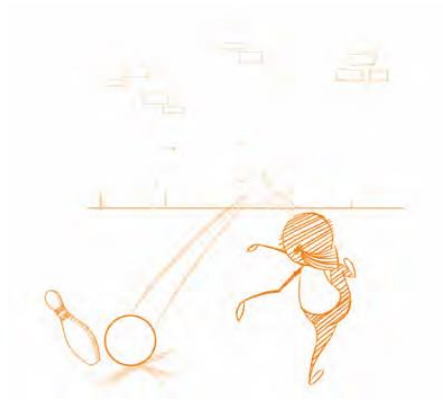


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Activity 3 - Rebound Ball (Peil

Aisphreabtha - Leabhar 2 lth 176 Gluais go Maith, Gluais go Minic)

Arrange pupils in groups of four with one cone/skittle and one football each. The first pupil places their cone three to five metres from the wall within their designated playing area. This pupil then places their ball next to the skittle and kicks it, aiming to hit the skittle on the rebound. If the cone is hit, the cone is then moved one metre further away from the wall. A goal line can be set ten metres from the rebound wall. A goal is scored when a pupil has successfully progressed the cone, metre by metre, back across the goal line. Vary the equipment



(REF - PDST MWMO Book 2)

Event Explainer - Throwing / Caitheamh

Throwing

Activity 1 - Knock 'em Down Pinball

(Leag iad leis Bpionniathróid - Gluais go maith, Gluais go minic - Leabhar 1 lth. 163)

Arrange pupils in groups of four or pupils can play in pairs or singly. Pupils line up fifteen metres apart, either side of a line of skittle targets as shown. Pupils could also use cans of Beans or empty cereal boxes.



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Groups take turns to roll a ball, trying to knock over a target in the middle. If a pupil successfully knocks over a skittle, they can claim this skittle and bring it over to their side. Continue playing until all of the skittles have been claimed.

(REF - PDST MWMO Book 1)



Activity 2 - Tennis ball Challenge (Dúshlán na Liathróide Leadóige - Gluais go maith, Gluais go minic - Leabhar 2 lth. 159)

Pupils work in pairs, one throwing and the other counting. The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds. For safety reasons ensure that groups are spaced at least three metres apart.

(REF - PDST MWMO Book 2)



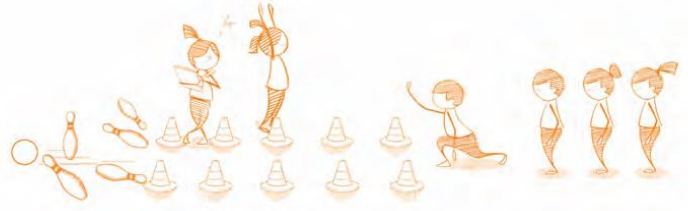
Activity 3 - Bowling (Babhláil - Gluais go maith, Gluais go minic - Leabhar 3 lth. 145)

Use cones to set up a bowling lane approximately five metres in length for each group. At the end of the bowling lane place five skittles as targets. Each bowler has three balls to knock over as many skittles as possible. All bowlers take a turn



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and then Replaced the knocked skittles.
Keep your score. The pupil that knock over the most skikkles wins. Increase difficulty by increase the distance between the thrower and the skittles or decreasing the width of the lane.



(Ref - PDST MWMO Book 3)

Event Explainer - Landing / Tuirlingt

Landing

Activity 1 - Jack be Nimble (Seáninín Sciobtha - Gluais go maith, Gluais go minic - Leabhar 1 lth. 134)

Arrange the children in pairs and scatter the cones randomly around the playing area. Pupil A chants the rhyme below for pupil B who must jump off two feet over the cone (the candlestick) and attempt to land safely on the other side of the cone. Pupil B should jump over three cones while pupil A is saying the rhyme: 'Jack be nimble, Jack be quick, Jack don't land on the candlestick'. After pupil B has completed three jumps and three landings, swap roles and play again.



(REF - PDST MWMO Book 1)



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Activity 2 - Jockeys up (Marcaigh in Airde - Gluais go maith, Gluais go minic - Leabhar 3 lth. 119)

Arrange children in pairs (horse and jockey) and invite them to find their own space in an open playing area. On a signal the children carry out the following movements:

- Under the bridge - the jockey crawls under the horse's body.
- Long way to town - the jockey jumps clockwise in a circle around the horse.
- Short way to town - the jockey jumps an-clockwise around the horse.
- Trade your horse - all jockeys find a new partner. Ensure partners regularly switch roles.



(REF - PDST MWMO Book 3)

Event Explainer - Balancing / Cothromaíocht

Activity 1 - Walk the Line (Siúil ar an líne - Gluais go maith, gluais go minic Leabhar 1 lth. 114)

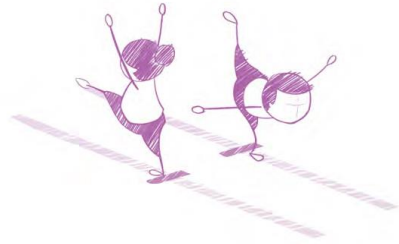
Pupils walk along a line on the floor (this could be a line painted on the floor, a strip of tape or a line of spot markers). Invite pupils to:

- turn fully around in the middle without losing balance or toppling off the line
- complete the task with their eyes closed (in pairs with one pupil acting as a guide)
- hold a shape for a count of three as



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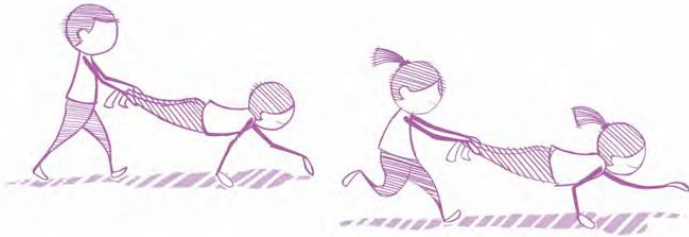
they balance on the line.



(REF - PDST MWMO Book 1)

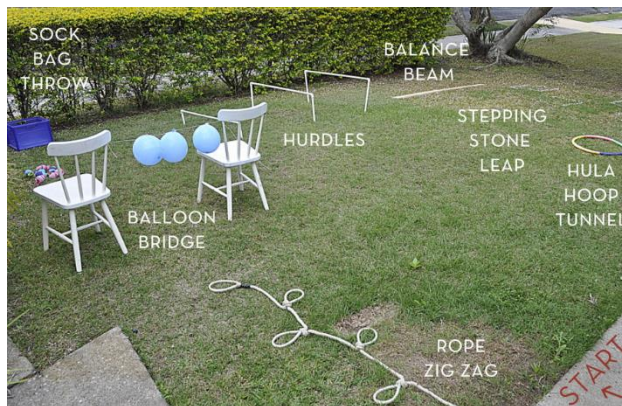
Activity 2 - Wheelbarrow Races (Rásaí Barra - Gluais go maith, gluais go minic Leabhar 3 lth. 107)

Barra - Gluais go maith, gluais go minic
Leabhar 3 lth. 107)



Activity 3 - Obstacle Course - Cúrsa Constaice

Invite pupils to set up and run their own obstacle course. Use any equipment available - household or otherwise. Invite pupils to do the obstacle course, time themselves and try to beat their original time.



(REF - PDST MWMO Book 3)



Event Explainer - Traditional School Sports - Spóirt Scoile Traidisiúnta

Activity 1 - Egg and spoon / spud and spoon race.



Each pupil gets a spoon and an egg (hardboiled or plastic). Each team must carry their egg on their spoon from the starting line to a turnaround point and back again. Then, the egg is passed off to a teammate who takes their turn. If the egg is dropped, the pupil must stop and retrieve it.

Ref(Photo - Wikipedia.com)

Activity 2 - Sack Race



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Each pupil puts both legs into sack and hops around a cone, or some marked point, and back, tagging the next person in line. Then, the next pupil in line gets into the sack and repeats the once-around the cone course. The Pupil or team to the finish line wins.
(REF - Photo Getty images)

Activity 3 - Open-air Twister

Everyone's favourite physical board game brought to the outdoors. There are a number of phone & tablet applications to embellish the pupils' experience. Please see the screenshot below will replace the twister clock

(Photo Ref - shutterstock.com)

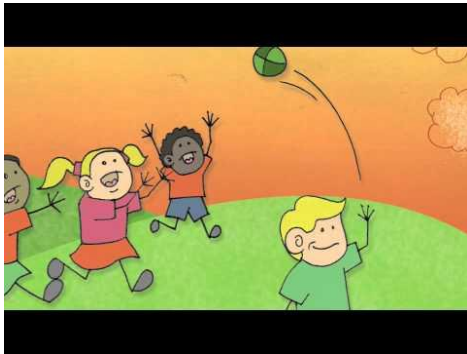


Activity 4 - Queen - i - o



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A pupil is picked to be the "Queenie", that person turns their back to everyone else. The "Queenie" then throws the ball over their shoulder and one of the other pupils needs to catch it or pick it up. Everyone, except the "Queenie", puts their hands behind their backs so that the "Queenie" does not know who has the ball. The "Queenie" then turns around and everyone shouts:



Queenie, Coko, who's got the ballio?
The "Queenie" has to guess who has the ball through a process of elimination. If the pupil with the ball is the last one to be picked, that person becomes the new "Queenie". The pupil must admit to having the ball or will automatically be "out". The pupil who is the "Queenie" must not look when throwing the ball or the "Queenie" herself will be "out". Accompanying video is helpful.

