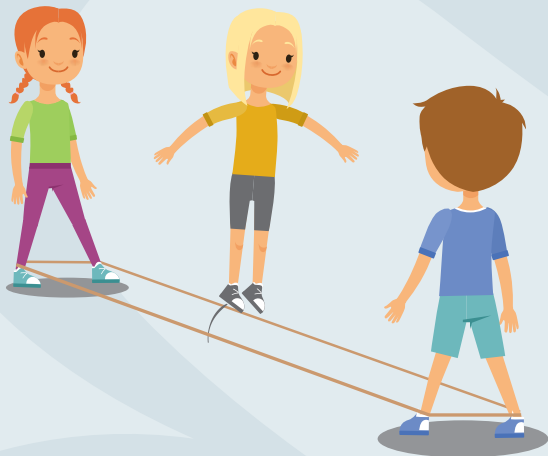


## 11. England, Ireland, Scotland, Wales

### Description

Arrange pupils in groups of 3. Invite the pupils to tie 40 to 50 elastic bands together to make a long chain. Invite the 2 pupils on the outside to hook the elastic band chain around the outside of their legs at ankle level and to set their feet shoulder-width apart. Invite pupils to stand 3m apart, facing each other with the band stretched at their legs. The 3rd pupil stands in the centre.



All pupils chant *“England, Ireland, Scotland, Wales. Inside, outside, on the rails”*. The pupil in the centre jumps their feet in and out of the elastic bands to the beat of the rhyme and attempts to land their feet directly on the elastics at the end.

If pupil A is successful, invite the 2 pupils on the outside to elevate the band to knee height, then to hip height. When a pupil is unsuccessful in trapping the bands under their feet, they switch positions with a pupil from the outside.

### Equipment

- Box of elastic bands

### Variations

- Invite pupils to increase the speed at which they say the rhyme. The pupil in the centre must match their pace.
- Invite pupils on the outside to lower the height of the band to the ground and/or recite the rhyme in slow motion.