

15. Over/Under Swoop

Description

Arrange pupils in groups of seven and confine each group to a yard space 20m x 20m. Invite 2 pupils to be "on" and give them the pool noodles. Invite the other pupils to pick a locomotor skill and move around the space.

When they meet or face the pupil who is on, they will shout "Under" or "Over". Based on this the pupil who is on will hold the pool noodle at knee level or at torso level to the caller. The caller ducks under or jumps over the noodle, changes their locomotor skill and continues. Change roles intermittently.

Equipment

- 2 Pool Noodles per group

Variations

- Invite the pupils who are 'on' to raise the jumping height and lower the ducking height to increase the range of motion.
- Invite pupils to use the same locomotor skill throughout.

