

17. Sheet Surfing

Description

Arrange pupils in pairs (A and B) with one sheet per pair. Invite the pupils to lay the sheet flat on the floor. Pupil A stands on the back edge of the sheet and pupil B goes to the front and holds the edge of the sheet in their hands. On a signal from the teacher pupil B drags the sheet smoothly around the floor space.

The pupil at the front of the sheet should be reminded to move the sheet smoothly and avoid jerking it or pulling suddenly. Pupil A maintains their balance, surfing the sheet as it moves under them around the floor space. Maintain the activity for 1 minute before switching roles.

Equipment

- Old bed sheets,
- PE hall with smooth floor

Variations

- Invite the pupil balancing on the sheet to take a lower position or stance and/or assume table-top (all 4) position on the sheet.
- Encourage the pupil balancing on the sheet to balance on 1 body part (large or small). Invite the pupil moving the sheet to move faster but still smoothly.

