

4. High Wire

Description

Arrange pupils in a line 2m apart. Invite pupils to imagine they are in the circus on the high wire. (Use a yard line, draw a line with chalk or use tape if indoors.) Pupils must ensure their feet are on the high wire at all times and follow the leader's directions.

This can be done in groups using different lines or as a whole class on one line. Pupils must attempt to walk to the end of the line while paying close attention to the pupil in front of them. Invite any

pupil who steps off the high wire to perform five star jumps before re-joining the line.

Equipment

- Spot Markers
- Tape/Chalk

Variations

- Begin by walking on the line with arms stretched out to the side for balance.
- Invite pupils to hop on one foot along the line with a beanbag on their head.

