



ATHLETICS



DANCE



GAMES



GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Invite pupils to find a space in the playing area. Pupils must respond to the different instructions from the remote control (the teacher) by performing the corresponding action.

- play = walk around the room
- pause = freeze on the spot & hold a balance
- rewind = walk backwards carefully
- fast forward = walk as fast as possible
- slow motion = walk as slowly as possible
- record = make funny faces at classmates
- volume up = Jump up
- volume down = crouch down
- change channel = new type of movement (hop, skip, side step, etc).



Variations

- Arrange the pupils in small groups. Invite each group to find a space in the playing area. Invite one pupil in each group to be the remote control. After a designated time, swap roles and repeat the activity until each pupil has had a turn to be the remote control.

Equipment

An open playing area



- Encourage pupils to look over their shoulder when walking backwards.
- Ensure pupils move safely within the playing area and avoid making contact with each other.
- Pause the activity at intervals to focus on the specific teaching points for walking in the lesson. Invite a pupil to demonstrate correct technique, allow the pupils to practise in isolation and then return to the activity. Provide feedback to individual pupils as they demonstrate good walking technique during the activity.



- In your PE journal, draw a picture of you walking into school this morning.



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