



ATHLETICS



DANCE



GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Invite pupils to find a space around the playing area. When the music starts, pupils walk around the playing area holding up an imaginary steering wheel. Teacher calls out the commands outlined in the list below for the pupils to follow.

- Red: stop, • Green: go, • Yellow: slow down, • Windshield wipers: sway your arms back and forth, • Brakes: balance on one foot, • Window: roll down one window and wave to the pedestrians, • Speed Bumps: jump, • Bumpy Ride: gallop.



Variations

- Vary the type of transportation used e.g. aeroplane, train, bicycle etc.
- Invite the pupils to create new commands.
- Arrange pupils in pairs. Both pupils drive around side by side, taking turns to provide the command for the other pupil.
- Give each pupil a hoop to place around their waist. Hold each side of the hoop at waist height while they move around the playing area.

Equipment

An open playing area, music and speakers (*music suggestion: "Drive My Car" by The Beatles*)



- 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 crossing the road safely.



- málaí pónairí • stáisiún traenach • ag puthaíl • scileanna ghluaiseachta • luas