



ATHLETICS



DANCE



GYMNASTICS



OUTDOOR &  
ADVENTURE

## Description of Activity

Arrange pupils in groups of six and give each group a different coloured beanbag. Each group places their beanbag somewhere in the playing area. The beanbag now becomes their train station. Each group forms a train behind a leader and walks around the playing area. On a signal, each train must walk in line to its train station. The leader moves to the back of the train, and the second pupil in line now becomes the leader placing the beanbag somewhere in the playing area. The train continues walking until they hear the signal. Repeat the activity until each pupil in the group has had a turn to be the leader.



## Variations

- Invite pupils to explore different ways of walking like a train, e.g. chug slowly up a hill, shuffle quickly down a hill, crouch down through a tunnel and arch up high over a bridge.
- Arrange the pupils into smaller groups and place more train stations around the area.
- Use the same colour for each train station, and pupils must walk to any train station in the playing area.
- Pupils can perform actions such as jumping jacks, lunges, star jumps etc. when they are in the train station.

## Equipment

An open playing area, different coloured beanbags



- Ensure trains 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.



- Invite pupils to use their own personal items (e.g. Teddy bears) to create their own train route at home.



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