



ATHLETICS



DANCE



GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Invite all pupils to line up in the middle of the playing area, with their hands on the shoulders of the pupil in front of them. The pupil at the front of the group is the rollercoaster driver. They must lead the group around the space by walking. They may also include rollercoaster actions like dips, turns, accelerations, swerves and stops that the rest of the rollercoaster must perform. On a signal, the pupil at the back of the rollercoaster runs up to the front and becomes the driver. Repeat the activity a number of times.



Variations

- Change the theme of the activity to a gigantic snake, a slimy worm or a clever caterpillar.
- Arrange the pupils in smaller groups. Each group is an independent rollercoaster with its own driver.

Equipment

An open playing area



- The driver of the rollercoaster must ensure that all carriages are joined together and no one gets left behind.
- Ensure rollercoasters 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.



- Take something that you have learned about walking and teach it to someone that lives in your house.



ag siúl i dtreo • duine i ndiaidh duine • rollchóstóir • tumadh • casadh • luasghéarú • claonadh ar chlé