



ATHLETICS



DANCE



GYMNASTICS



OUTDOOR & ADVENTURE

Description of Activity

Invite pupils to find a space in the playing area and find a line to stand on. Pupils walk along the line, changing direction when they come to an intersection. If they meet another pupil coming towards them, they must walk on the spot and give the other person a high five, then turn and walk back the way they came from. After a period of time, pause the activity and invite pupils to find a new line in the playing area.



Variations

- Vary the fundamental movement skill used to move, e.g. hopping or skipping.
- If there are no line markings on the ground encourage pupils to walk in a straight line for ten steps then change direction. If they meet someone they must give them a high five.
- Alternatively, use chalk to draw lines on the playing surface, or place a series of criss-crossing skipping ropes on the floor.

Equipment

An indoor or outdoor playing area with line markings



- **When the pupils are turning they should be encouraged to pivot on the ball of their foot, keep their heads up, walk tall and swing their arms waist high.**
- **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.**



- **Sometimes when we are walking we need to turn quickly. Practise this at home in your hallway, kitchen or garden.**



- **ag seasamh i líne • bealaí éagsúla • ag bualadh le duine • bosa in airde • uirlis rithime • suíomh na ndaltaí**