



DANCE



GYMNASTICS

Description of Activity

Set out spot markers or cones for each pupil in an open playing area. Play the music and invite pupils to travel through the area following a variety of instructions (see movement list below). When the music stops, pupils find a spot marker and practise hopping on one foot until the music starts again.

Movement List: walk, run, walk backwards, walk sideways, skip.



Variations

- After performing a set number of hops on the spot, pupils perform a balance.
- Pupils move through the playing area like an animal of their choice, e.g. frog, bunny, kangaroo, grasshopper etc.

Equipment

An open playing area, spot markers, music



- **Pause the activity at intervals to focus primarily on hopping. Discuss today's teaching points (usually two) with pupils. Invite a pupil to demonstrate good technique, allow pupils to practise in pairs, then return to the activity.**
- **Ensure playing area is open and free of obstructions.**
- **Remind pupils to keep their eyes open while moving through the activity.**



- **Play music at home and practise moving to the beat.**



marcóirí • spotaí • ceol a sheinnt • cothromaíocht • ag siúl ar gcúl • ag siúl go cliathánach