



DANCE



GAMES

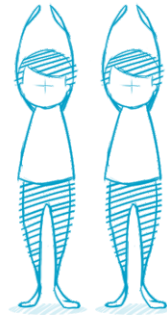


GYMNASTICS

Description of Activity

Invite pupils to find a space in a designated playing area. The teacher begins the activity by saying 'find someone who... has the same colour hair'. Pupils must find a partner with the same colour hair and make a shape. Hold the shape for a count of five, and then begin hopping around the playing area. On a signal, pupils freeze and teacher repeats the activity using an alternative instruction for 'find someone who' such as...

- has the same number of brothers and sisters?
- lives in the same street/town?
- has the same type of pet?
- is the same age?
- has the same colour eyes?



Variations

- Select a theme for the shapes, e.g. animals, buildings, letters of the alphabet etc.
- Invite pupils to take turns to give the 'find someone who' instruction.
- Practise a variety of hopping techniques e.g. one foot, hopscotch, alternating between two feet etc.

Equipment

An open playing area



- **Pause the activity at intervals to focus specifically on some of the teaching points for hopping. Invite a pupil to demonstrate good technique.**
- **Ensure the playing area is free of obstructions.**



- **Draw a picture of yourself playing hopscotch with your friends in your PE journal.**



- **Aimsigh duine • gluaiseacht a dhéanamh • deartháireacha • deirfiúracha • sráid/baile • dath gruaige**