

Description of Activity

Invite pupils to find a space in the playing area and face the teacher. The teacher calls out in a loud voice "I see!". The pupils answer in chorus, "What do you see?". The teacher responds, "I see all pupils skipping in any direction without touching anyone".

Pupils respond to this command until they hear the whistle at which point they freeze and turn to face the teacher again. Teacher repeats "I see!" and pupils answer, "What do you see?". The teacher responds with a new verbal challenge using a range of locomotor skills, stretches, animal movements, or balancing actions.



Variations

- Offer pupils an opportunity to lead the activity.

Equipment

An open playing area



- This activity is a useful end of year revision exercise as it allows scope to address a wide variety of skills.
- Use the activity to focus on the teaching points of skipping, e.g. 'I see pupils' arms swinging in opposition to the legs to help maintain balance'.
- Practise saying "What do you see?" in chorus.



- Draw a picture of your skipping.



feicim • cad a fheiceann tú? • ag sipeáil • gan lámh a leagan ar