



GAMES

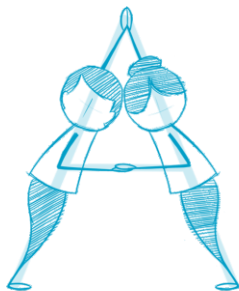


GYMNASTICS

OUTDOOR &
ADVENTURE

Description of Activity

Arrange pupils in pairs. On a signal, pupils from each pair begin skipping in opposite directions around the playing area. When the teacher calls out a letter e.g. 'A', pupils must skip towards each other, meet and form that letter using their body parts, either standing or lying down. When each pair has constructed the letter, invite pupils to begin skipping again and repeat the activity using another letter.



Variations

- Change the locomotor skill used e.g. running, hopping or side stepping.
- Arrange the pupils in larger groups e.g. four - six. Now the groups must work together to construct the letter or the groups can spell out a word featuring that letter.
- Use the activity to revise prior learning in mathematics e.g. 'use your body to construct the answer to the following sum: $2 + 1$ '

Equipment

An open playing area, hoops



- **Pause the activity at intervals to discuss the teaching points of skipping being addressed in the lesson. Invite pupils to demonstrate, practise in isolation and then return to the game.**
- **Use large groups as much as possible and set more difficult tasks to encourage pupils to engage with teamwork and cooperation.**



- **Skip from the school gate to the school door every day this week.**



pairtnéirí • treonna éagsúla • litreacha • ag seasamh • ina luí