



DANCE



GALES



GYMNASICS

Description of Activity

Invite pupils to find their own space in the playing area. When the music is played, pupils move around the area using a locomotor skill such as walking, running, hopping, skipping, jumping etc. When a pupil encounters another pupil on their way around the area, they must dodge to avoid them. When the music stops, pupils must perform a balance and hold it for a count of five. Restart the music and alter the locomotor skill to repeat the activity.



Variations

- Vary the tempo of the music and encourage pupils to move to the beat, thus promoting an understanding of rhythm.
- Change direction to the beat of the music e.g. dodge left or right every four beats.
- Pupils that lose their balance must complete five jumping jacks before rejoining the activity again.
- When the music stops, find a partner and perform a partner balance.

Equipment

An open playing area, music



- Ensure pupils exercise caution when dodging around each other, by keeping their eyes open and looking forwards in the direction they are travelling.
- Pause the activity at intervals to focus on the specific teaching points for dodging in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity.



- Ask a grown-up to put on some music for you. Show them how to dodge in time to the music.



cor i leataobh a spreagadh • ceol a sheinnt • reoigh • cúig léim • luas