



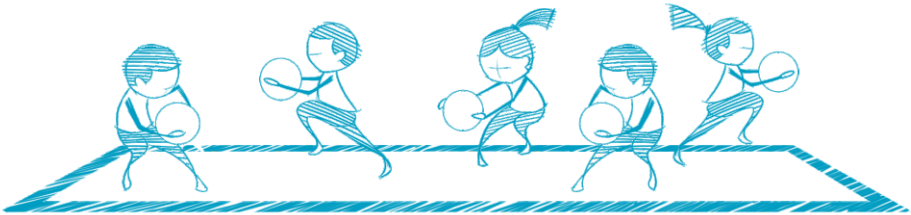
DANCE



GYMNASTICS

Description of Activity

Arrange pupils in groups of five. Divide the playing area into five metre by five metre squares and invite one group to stand in each square. Give a spot marker or ball to each pupil. Invite pupils to hold the ball out in front of them like a steering wheel and to move around the square without touching the other pupil in the square. After a designated time, pause the activity, take a stretch break, and play again.



Variations

- Introduce obstacles (cones) in the squares and invite pupils to dodge around them.
- Vary the locomotor skill used to move around the space e.g. skip, jog, hop, walk, etc.
- Gradually increase or decrease the size of the square.

Equipment

Sponge balls, quoits, spot markers, cones



- 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. Provide feedback to individuals while they perform the dodging action during the activity.



- Practise dodging at home. Ask a grown-up to help you dodge off each foot.



- cúigear • grúpa sa chearnóg • liathróid • roth stiúrtha • gan lámh a leagan ar
- sos chun síneadh a dhéanamh