



ATHLETICS



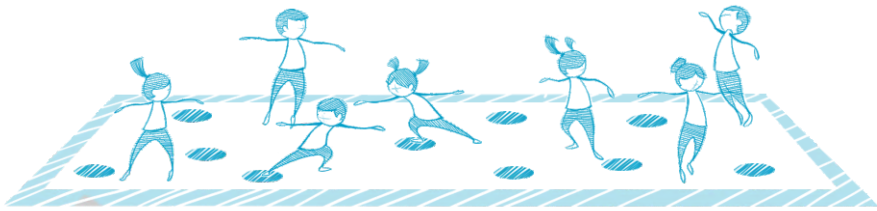
GAMES



GYMNASTICS

Description of Activity

Use cones to set out a large defined playing area. Place spot markers randomly throughout the playing area and invite the pupils to find a space inside the area where they are not in contact with anyone else. On a signal, pupils side step slowly around the playing area. If the teacher calls touch, all pupils must side step to their nearest spot and touch it with their toe. If the teacher calls over, all pupils must side step over the nearest spot.



Variations

- Vary the locomotor skill used to move around the area, e.g. hop, skip, walk, jump etc.
- Increase the complexity of the commands, e.g. touch five cones, or side step over six spots.
- Instead of side stepping over the spot, invite pupils to side step onto the spot and perform a balance.
- Invite pupils to create new commands for the activity.

Equipment

An open playing area, cones and spot markers



- Ensure there is adequate space within the play area for pupils to move safely.
- Pause the activity at intervals to focus on the specific teaching points for side stepping 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 side stepping action during the activity.



- Talk about the difference between running and side stepping with a grown-up.



céim ar leataobh • cleachtadh a dhéanamh • bogshodar • lámh a leagan ar • cor i leataobh