



ATHLETICS



DANCE



GALES



GYMNASTICS

Description of Activity

Use the cones to set up a large square (ten metres by ten metres) in the playing area and scatter cones or spot markers on the ground throughout the square. Invite pupils to find a space within the square where they are not in contact with anyone else or any of the cones. The role of the teacher is to move through the square with hands spread wide, closing the space for the pupils. The pupils must side step around the square trying to avoid the teacher, the spot markers on the ground and the other pupils in the square. If a pupil is either caught by the teacher or accidentally touches a cone or spot they must freeze, perform a balance and now become an extra obstacle for the other pupils to avoid. When pupils are familiar with the game invite a pupil to take on the teacher's role.



Variations

- If space allows, set up two games running concurrently. Assign the role of the teacher to one pupil in each square and invite them to wear a bib. After a designated time, pause the activity and select a new pupil to play this role.
- Increase the number of pupils playing the role of teacher in the square to make the activity more difficult.

Equipment

An open playing area, cones or spot markers



- Ensure pupils exercise caution when moving around the square.
- 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.



- In the yard, find some lines and practise side stepping along them.



cearnóg • spotaí scaipithe timpeall • lámha sínte amach • céim ar leataobh • ról an mhúinteora a athrú