



ATHLETICS



DANCE



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Arrange pupils in groups of three. Set out two cones for each group around ten metres apart. All of the pupils in each group line up at one cone and take turns to side step out and around the other. The first pupil side steps around the cone and back to their group, collects the second pupil in the line and holding one hand, they both side step around the cone and return to the start. This pattern continues until the whole group side steps together out and around the cone. Now the activity is reversed, with one pupil being returned to the starting line each time. If the chain is broken the group must start again.



Variations

- Change the locomotor skill used to move around the cone, e.g. skip, hop, jump etc.
- Set out various obstacles between the two cones for pupils to dodge or jump over.

Equipment

An open playing area, cones



- **Safety is important when playing this game. Ensure the group moves at the pace suitable to everyone and that nobody is dragged or pulled.**
- **Ensure groups are evenly spaced, that there is enough space for each group to work in and that there is adequate space to turn at the cone.**



- **Practise side stepping at home holding hands with a family member.**



cúigear ar gach foireann • timpeall na cóin • céim ar leataobh • snámhaí • slabhra