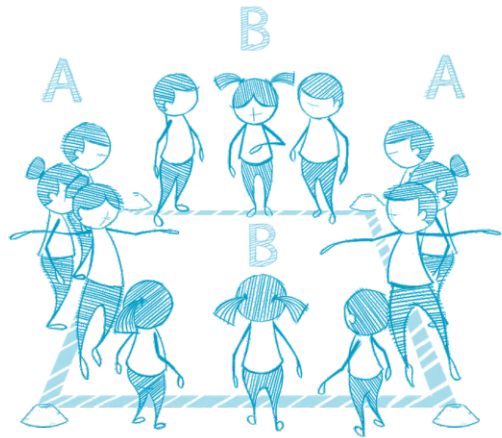




## Description of Activity

Use cones to set up a square playing area. Ensure that the square is small enough so that there is no more than arm's distance between each pupil. Arrange pupils in four groups (A,A,B,B) and invite each group to line up along one side of the square. Ensure that groups with the same name line up opposite to each other. When the teacher calls 'A' all the pupils in both 'A' groups attempt to side step to the side directly across from them without touching another pupil. If the teacher calls 'free for all' each group must attempt to cross the square at the same time without touching against anyone else.



## Variations

- Increase or decrease the size of the square.
- Change the fundamental movement skill used to move within the square e.g. hop, skip, jump, walk, etc.

## Equipment

An open playing area, cones



- **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.**



- **Practise side stepping leading with the right foot in the yard.**



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