



DANCE



AMES



GYMNASTICS



OUTDOOR &
ADVENTURE

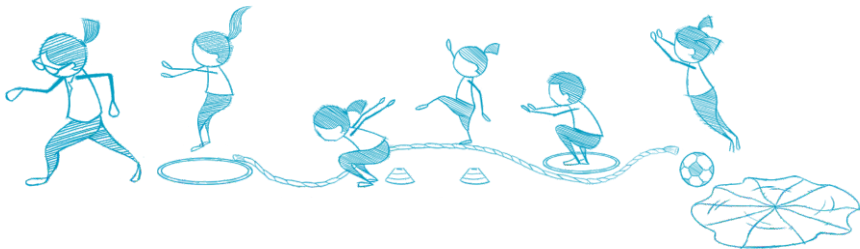
Description of Activity

Place a parachute or blanket at one end of the playing area and scatter various pieces of PE equipment such as hoops, cones, and beanbags around the rest of the area. Invite pupils to imagine that they are going on a lion safari, and to move around the space following the instructions below when they encounter an object in the space:

- Jump over the rocks (beanbags)
- Dodge around the trees (cones)
- Swim through the watering hole (hoop)

The teacher could also include the following commands:

- ‘Shhh’ - creep quietly, the lion is coming...
- ‘Roarrrrr!’ - The lion sees us, run back to the parachute!
- Parachute - duck and hide from the lion by lifting the parachute up and all huddle underneath it for safety



Variations

- Alter the instructions for the activity by selecting a different animal and accompanying obstacles, e.g. a polar bear in the Arctic, a gorilla in the jungle.
- Encourage pupils to come up with their own storyline and to add their own obstacles.

Equipment

Hoops, cones, parachute (or blanket), hoops



- **Pause the activity at intervals to focus on the specific teaching points for jumping in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to find a beanbag and practise jumping over and back, and then return to the activity.**



- **In your PE journal, draw a picture of the lion safari. Include an image of yourself jumping over the rocks.**



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