



ATHLETICS



DANCE



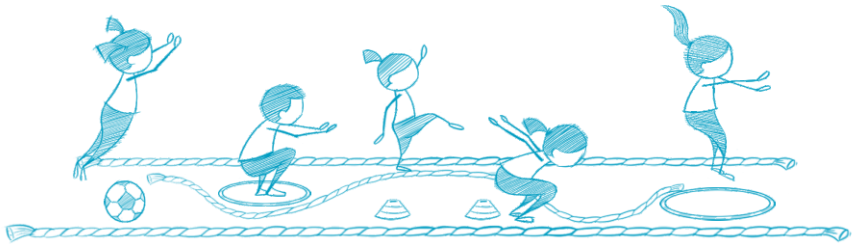
GAMES



GYMNASTICS

## Description of Activity

Arrange pupils in groups of five. Use skipping ropes, cones or chalk lines to set up an alley (two parallel lines approximately three metres apart) for each group. Scatter beanbags, spot markers and other obstacles (creatures) close together inside the alley. In turn pupils must jump from the start of the alley to the end without stepping on the creatures. If a pupil jumps on a creature they must return to the start and wait their turn before trying again. When the pupil gets to the end of the alley they must run around the alley and back to the start, tag the next member of the group to start their turn and crouch down to show they have successfully completed the activity.



## Variations

- Vary the number of obstacles in the alley to increase/decrease the difficulty.
- Invite groups to race against each other and ensure they focus on accurate jumping to move quickly through the alley.
- Vary the locomotor skill used to move through the alley, e.g. hop, side step, skip etc.
- Continue the activity for a set amount of time, encouraging groups to move through the alley as many times as they can before the time is up. Encourage pupils to take a different path on each turn through the creature alley.

## Equipment

An open playing area, cones, skipping ropes or chalk, beanbags or spot markers



- Ensure one pupil is in the creature alley at any time.
- Ensure groups are adequately spaced to allow running room for pupils to return to the starting point.



- Find a line in your home, and practise jumping over and back across the line. Look for lines on tiles, on wooden floors, in carpets, in the driveway, in the garden. Do not play on lines on the road.



cóin • téad scipeála • comhthreomhar lena chéile • bun an lána • créatúirí tosaigh arís • timpeall an lána