



DANCE

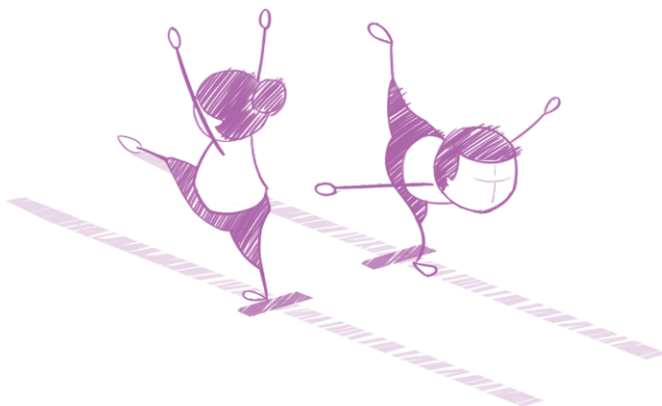


GYMNASTICS

Description of Activity

Pupils walk along a line on the floor (this could be a line painted on the floor, a strip of tape or a line of spot markers). Invite pupils to:

- turn fully around in the middle without losing balance or toppling off the line
- complete the task with their eyes closed (in pairs with one pupil acting as a guide)
- hold a shape for a count of three as they balance on the line.



Variations

- Complete the activity with a partner, including a paired balance. Perform the line walk in canon (one after another) or approaching each other from opposite ends of the line. Can you move around your partner without falling off the line?
- Invite pupils to try this activity at lunch time - look out for lines you could use in the yard or playground.

Equipment

An open playing area, a painted line on the floor (hall markings), a strip of tape or a line of spot markers.



- **Pause the activity at intervals to focus on the teaching points for balance in the lesson. Provide feedback to individuals while they perform the balances during the activity.**



- **Use lines at home to practise walking the line. Look for lines in your kitchen tiles, or wooden floors, or carpets; look in the hall, in your garden, on the footpath or in your driveway. Do not use lines on the road.**



cruth a dhéanamh • cas timpeall • fanacht ar a gcothrom • gan titim • súile dúnta