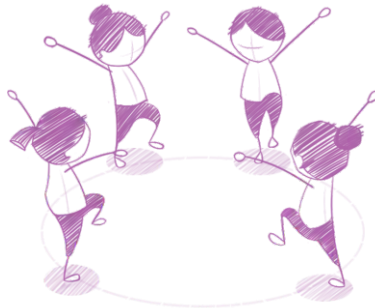




Description of Activity

Pupils form a large circle in the centre of the playing area. Select one pupil to call out their name from where they are standing in the circle, and then perform a balance of their choice. The other pupils in the circle perform the same balance, holding it for a count of five. The next pupil in the circle then calls out their name and performs a balance, and the activity continues until all pupils have had a turn.



Variations

- After five balances, invite pupils to move around the playing area using a variety of locomotor skills such as walking, running, skipping, hopping, jumping, etc. On a signal, return to your original position in the circle and continue the balance activity.
- Arrange pupils into groups of five. Each group forms a circle and begins the activity. Every time a pupil performs a new balance, the group must perform the preceding balances and then hold the new balance for a count of five. This approach lends itself to the teaching of sequencing. When every pupil in the group has had a turn, each group performs their sequence for the class.

Equipment

An open playing area



- 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.



- Choose one of the new balances learned in class today. Practise it at home and teach it to a friend.



déan aithris orm ag cothromú • cobhsaíocht • ag cothromú • gluaiseachtaí éagsúla • fan socair • gan chorraí • cothromaíocht • teicnicí chearta • rothlath