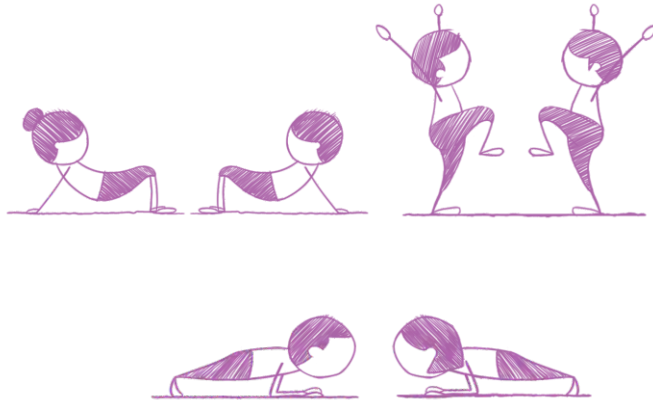


Description of Activity

Invite pupils to find a space in the playing area where they are not in contact with anyone else. Select three pupils to be taggers. The rest of the class move freely around the playing area, trying to avoid the taggers. When a pupil is tagged they must perform a balance. To be set free, another pupil must perform the same balance for a count of three in front of the tagged pupil. When they have completed their balance, both pupils return to the game.



Variations

- Provide instructions for how the pupils move around the playing area, e.g. walk, run, skip, hop, jump etc.
- Introduce more taggers or reduce the size of the playing area to increase the chances of pupils being tagged and thus performing a balance.

Equipment

An open playing area



- Taggers cannot tag a pupil when they are performing a balance to free a classmate.
- Stick up some balancing cue cards around the playing area to help pupils to choose a balance.
- Invite pupils to describe the balance they are performing, e.g. number of body parts; large or small body parts; same side or opposite side etc.



- In your PE journal, draw a picture of a balance you performed today.



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