



DANCE



GYMNASTICS

Description of Activity

Arrange pupils in groups of three or four. Each group forms a line, one pupil behind the other, and begins to move around a designated area using a suggested locomotor skill such as skipping, side stepping or running. The first pupil in the line is the leader. The other pupils in the group follow and copy the leader's actions. On a signal, each group stops and the leader performs a balance. The rest of the group perform the balance for a count of five. The leader then moves to the back of the line and all pupils in each group have a turn.



Variations

- On a signal, each group stops and performs a group balance.
- Vary the locomotor skill used to move around the area e.g. jumping, hopping, etc.
- Complete this activity as a whole class group.

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.**



- **Practise balancing on one leg at home every day this week when you are brushing your teeth.**



- **lean an ceannaire chothromaíochta cobhsaíocht • féinghluaiseacht • ag scipeáil • ag rith • aithris a dhéanamh ar na geaitsí • fanacht ar do chothrom • pointí teagaisc a phlé**