



DANCE



AMES



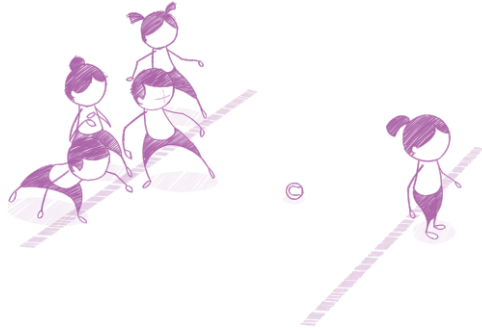
GYMNASTICS



OUTDOOR & ADVENTURE

Description of Activity

Use cones to set out a large rectangular playing area. Select one pupil to adopt the role of the guard. This pupil starts at one end of the playing area, while all other pupils start at the opposite end. The guard turns his/her back towards the rest of the group and the jewel (beanbag) is placed in the middle of the playing area between the guard and the other pupils. On a signal, pupils begin to sneak towards the guard in an attempt to retrieve the jewel without being caught. The guard can turn around to face the group at any time. When this happens all pupils must freeze and balance on the spot. If the guard catches anyone moving they must move back five giant paces and perform a new balance until the guard turns their back again. When the jewel has been retrieved, select another pupil to adopt the role of the guard and play again.



Variations

- Vary the locomotor skill used to travel in the playing area, e.g. hop, skip, jump etc.
- When the guard turns around, perform a balance. The guard counts to five, and if any pupil loses their balance they must take five steps backwards.
- Increase the number of jewels in the playing area for pupils to retrieve.
- Complete this activity in groups of five to allow more pupils the opportunity to be the guard.

Equipment

An open playing area, beanbag (or another item to represent treasure)



- **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.**



- **At home, perform a T-balance in front of a mirror. In your PE journal, draw a picture of your balance.**



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