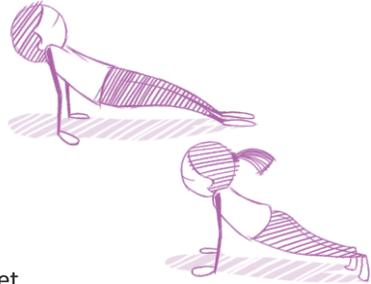




## Description of Activity

Invite pupils to find a space in the playing area where they are not in contact with anyone else. Guide them through this sequence of body balances using the following instructions:

- Sit on the ground with legs outstretched.
- Raise your hips to balance on your hands and feet.
- Raise each leg alternately off the ground.
- Return your hips to the ground and roll over so that the tummy is facing downwards.
- Raise hips again to balance on hands and feet.
- If you feel comfortable, try to raise each leg alternatively off the ground.
- Lower your body back down to the ground, and roll back over.
- Come back up into a seated position.



Pupils repeat the sequence from start to finish at their own pace.

## Variations

- In pairs, complete the actions by mirroring each other. Then create and perform a new sequence using similar balances.
- Hold the balance for a count of five, or to spell one of your spelling words.
- Invite pupils to lift one foot and the opposite hand off the ground simultaneously.
- Invite pupils to move around the space in either of these positions.

## Equipment

An open playing area



- Perform each movement at a slow and steady pace.
- Invite pupils to lower their body gently back down to the floor if their arms get tired.
- As this balance is performed on the arms and feet, and not on a single leg the following teaching points apply: keep your head stable with your eyes focused forward on a target; keep your trunk stable; keep your arms as still as possible with no excessive movement to aid the balance.



- Design a balance sequence and practise it at home with a friend.



- seicheamh • ag súí ar an dtalamh • cromáin a ardú • cosa a ardú