



DANCE



GAMES



GYMNASTICS

Description of Activity

Arrange pupils in groups of five. Using cones, set up a ten metre lane for each group from one end of the playing space to the other. Invite pupils to skip up the lane, counting the number of skips it takes them to complete the distance. After each pupil has had a turn, discuss the teaching points of skipping, and invite them to explore how they might reduce the number of skips. Repeat several times and invite each pupil to keep track of the number of skips used.



Variations

- Increase or reduce the length of the lanes depending on the ability of the group.
- Vary the locomotor skill used to travel, e.g. hopping or side stepping only.
- Play as a relay race.
- Add a competitive element to see how many skips each team need to cross the playing area.

Equipment

An open playing area, cones, spot markers



- Introduce an activity to complete while pupils wait for their turn in the lane, e.g. running on the spot, static stretches, take their pulse, etc.
- Remind pupils that the focus is on the movement and that it is not a race unless otherwise specified.



- How many skips does it take to get from the gate to your classroom? Practise everyday for a week and identify your lowest number of skips.



- lána de cóin • scipeáil • ag comhaireamh • pointí a phlé • feabhsú • a thaispeáint