



DANCE



GALES



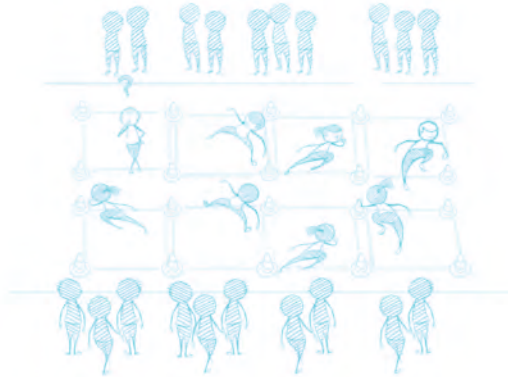
GYMNASTICS

Description of Activity

Set up a station by putting four cones side by side in a straight line. Set up an identical station directly in front of this line of cones. Cones should be placed at one metre intervals. A gap of two metres should be left between both lines.

Arrange pupils in pairs (A and B) with three pairs per station. To play the activity one pair stands facing each other on the two lines.

Pupil A touches each cone in a random order whilst pupil B tries to mirror their partner. The aim is to confuse and lose your partner. Rotate pairs through the activity every thirty seconds.



Variations

- Combine another skill with dodging, e.g. dribbling a basketball or a football.
- If pupils lose their partner, encourage them to catch up again.
- Increase or decrease the time or space to vary the level of difficulty.

Equipment

An open playing area, cones



- Encourage leaders to change direction as often as possible and push off either foot.
- Emphasise the need to keep their eyes focused on the leader.
- Ensure only one pair use the cones at a time to prevent collisions.
- Pause the activity at intervals to focus on the teaching points for dodging in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the dodging action during the activity.



- At home challenge a family member to play Lose and Confuse with you.



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