



DANCE



GAMES



GYMNASTICS

## Description of Activity

Use cones to create a line through the middle of the hall. Arrange pupils in pairs and invite them to face each other on either side of the line. Pupils are tasked with synchronising their side stepping movement as they travel the length of the hall. Pupils are then given a ball to pass to each other as they side step across the hall.



## Variations

- Increase the distance between the pairs.
- Use a variety of different types of balls.
- Vary the catch - single handed, clap first before catching.
- Once the line is established, take the line outside, around the yard and through any open, hazard free space available.

## Equipment

A hard surfaced playing area, balls, cones



- **Remind pupils to communicate and keep pace with their partner by slowing down or speeding up.**
- **Pause the activity at intervals to focus on the teaching points for side stepping 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 are side stepping during the activity.**



- **Practise side stepping every day this week. List all of the places and ways you practised in your PE journal. Don't forget to practise leading from both feet.**



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