



Description of Activity

Arrange pupils in pairs with a beanbag per pair. Invite the pair of pupils to face each other, two metres apart and perform a high plank balance (a plank on their hands rather than elbows or lower arms). The aim of the activity is for one pupil to slide the beanbag through their partner's arms. Change partners regularly.



Variations

- Allow pupils to drop down to the knees if necessary.
- Invite pupils to play the activity balancing on one foot.
- To vary the activity, both pupils lie one metre apart on their tummy with their hands by their sides. Place the beanbag equidistant from both pupils. When the teacher calls 'snatch' both pupils try to grab the beanbag. Progress to a high plank position.
- Invite pupils to play while balancing another beanbag on their head.

Equipment

An open playing area, one beanbag per pair



- Play for short intervals as this is a tiring activity.
- If pupils are struggling to maintain the high plank position, encourage them to raise their bottom further in the air or take a break.



- At home, practise holding the high plank for 30 seconds. Draw a picture in your PE journal of this position and label the muscles that fatigue the quickest.



- i mbeirteanna • fanacht ar a gcothrom • lámha agus cosa ar an talamh • súiomh tacaíochta tosaigh • lámha