



Description of Activity

Set out two straight lines ten metres apart in the playing area. One line is the starting line, the other line is the finishing line. Invite pupils to lie on their backs next to each other with their feet behind the starting line. Invite them to perform a crab balance by lifting their hips up off the floor. On a signal they scuttle like crabs to the finishing line.



Variations

- Use other balancing positions for the race, including the caterpillar walk (starting in plank position, with either the feet or the hands moving at any one time) or the bear walk (hands and feet, belly facing the floor) or side crab (belly facing the ceiling, moving sideways on hands and feet).
- Set the activity up as a relay, e.g. crab walk out and around the cone, and return to tag a teammate.

Equipment

An open playing area, two straight lines (lines on a court, masking tape, chalk or skipping ropes), cones



- This activity would work well as part of a circuit of activities or during station teaching.
- Ensure races are not competitive and encourage correct technique over speed.



- Draw this body balance in your PE journal. List some physical benefits that these types of positions offer the body. List five reasons why is it important to build up strength?



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