



DANCE



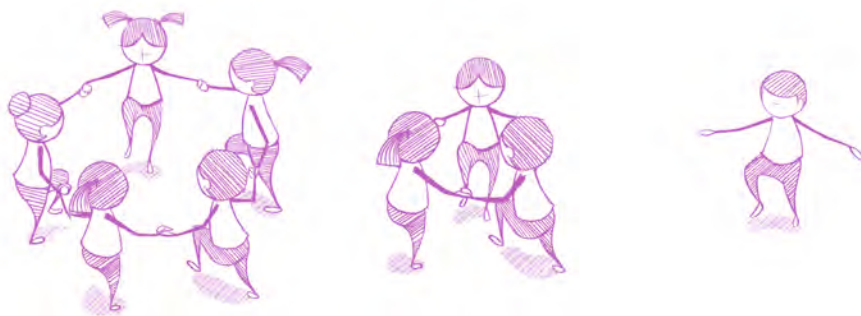
GAMES



GYMNASTICS

Description of Activity

Pupils run around a large defined playing area avoiding contact with other pupils. Invite them to begin slowly and gradually experiment with changing direction and changing speed. On a signal the teacher calls a number. Pupils form groups of that number, make a circle and balance on one foot while linking hands or arms. Invite pupils to explore a range of group balances once comfortable with balancing on one foot. Pupils without a group perform a static balance. Once the balances have been held for ten seconds continue the activity.



Variations

- Vary the locomotor skill used to travel around the area.
- Introduce the concept of counter balance and explore various partner and group balances.
- Arrange pupils in groups and invite them to form letters or symbols on the ground using their bodies.

Equipment

An open playing area



- **Revise the basics of balancing before beginning the activity, paying particular attention to pointing limbs, maintaining a centre of gravity and engaging muscles to hold the body still.**
- **Reinforce the teaching points of balance being addressed in the lesson regularly and offer pupils individual feedback where possible.**



- **List five reasons why being able to maintain your balance is important.**



- **rith • luas éagsúla • bealaí éagsúla • cothromú • seasamh ar chos amháin • cothromaíocht statach**