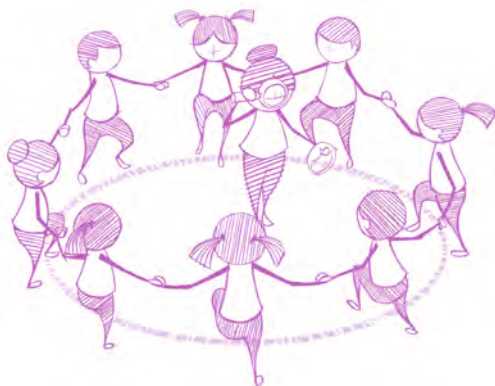




Description of Activity

Arrange pupils in a circle with one pupil in the centre. This pupil is the shape detective and their job is to discover who is the shape leader. The detective is blindfolded (or closes their eyes) while one pupil in the circle is chosen silently to be the leader.

The leader guides the pupils through a range of balancing activities on the spot. The group copies the leader. The detective removes the blindfold or opens their eyes, and must try to guess the identity of the leader. The leader must keep changing the balance every couple of seconds, while trying to avoid being identified. The detective has three chances to guess who is the leader. Repeat the activity by choosing a new leader each time.



Variations

- To simplify the activity invite two pupils to work as a group to identify the shape leader.
- Reduce the number of guesses for the shape detective.
- Introduce simple tasks, e.g. five star jumps for all pupils in the circle if the shape leader is identified.

Equipment

An open playing area, blindfold



- When following the leader, try not to look directly at them.
- Pause the activity at intervals to focus on the teaching points for balancing 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 balance action during the activity.



- In your PE journal, list five different things you can do to help you balance (e.g. focus on one spot on the floor, count to ten, take deep steady breaths, keep your eyes open, slightly bend the standing knee etc).



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