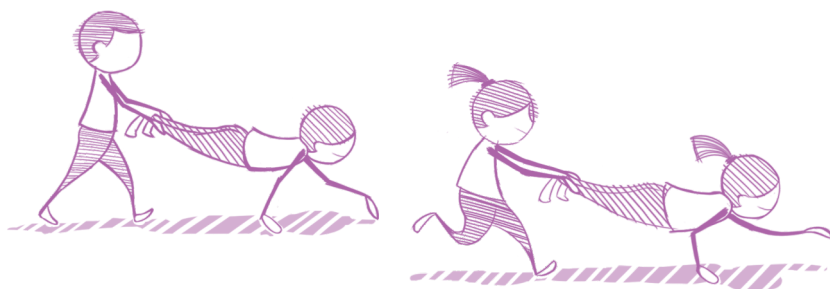


Description of Activity

Arrange pupils in pairs. Set up two lines of cones, twenty metres apart and invite pupils to find some space along the line. One pupil adopts the high plank position and their partner lifts their legs below the knee. The pupil holding the high plank moves their hands to go forward, with their partner carrying their legs behind. Invite pupils to time themselves travelling from one cone to another.



Variations

- Shorten the distance to travel if needed.
- Pupils may video themselves to identify a straight body position.
- Allow two pupils to carry one, taking one leg each.
- Set up races or team relays.

Equipment

An open playing area, cones



- Practise the front support position first.
- The pupil in the wheelbarrow/high plank position determines the speed. It is important that the pupil carrying the legs does not push forward.



- Practise Wheelbarrow runs on the grass with a friend or family member.



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