



ATHLETICS



DANCE



GYMNASTICS

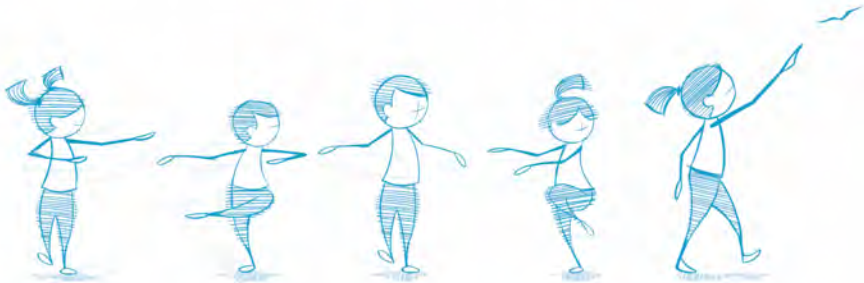


OUTDOOR &
ADVENTURE

Description of Activity

Some suggestions include:

- If you meet a teacher, complete five jumping jacks.
- If you see a bird in the sky, spin in a circle and then continue on.
- Start skipping if you see a flower.
- If you see a black car, reach to the sky and then touch your toes before continuing.
- High-five someone near you if you see a white van.



Variations

- Invite pupils to complete these challenges in pairs. They can work together to spot certain objects, or different challenges can be set to involve partner work.

Equipment

An open playing area



- Invite pupils to make up new rules giving them ownership of the activity.
- Ensure pupils all know to stay close to the group.
- Pause the activity at intervals to focus on the teaching points for walking 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 walking action during the activity.



- Play this game at home. Perform similar actions for particular cues, e.g. when you see a family member, complete five star jumps, and when you hear a phone ringing, walk forwards three steps etc.



ag siúl • ceann scríbe • rialacha • comhartha stop • éan sa spéir • scipeáil • carr • veain