



Description of Activity

When travelling to another location in the school, invite pupils to walk in single file with the front pupil holding a ball. The leader passes it to the pupil behind by passing the ball over their head. The next pupil will pass the ball under their legs to the pupil behind. This pattern of over and under continues until the ball reaches the end. The pupil at the end must walk quickly all the way to the front of the line to start the activity again.

Remember, the rest of the group is still walking the entire time, so the pupil at the back has to move quickly.



Variations

- Vary the way the ball is passed back to the next pupil by rotating the body to the right or the left.

Equipment

A ball



- Ensure pupils' path is obstacle free.
- Encourage pupils to call out the word 'over' or 'under' as they are passing the ball so the next pupil is aware of the move they should make.
- Ensure that pupils are always aware of where the ball is. Also ensure pupils at the back have enough space to walk past the other pupils.
- 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.



- In your PE journal, write down a fun and safe walking activity we can complete as a class to move from one area of the school to the other.



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