



ATHLETICS



DANCE



GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Arrange pupils in groups of four and invite one pupil to act as the pace setter. The role of the pace setter is to change pace from very slow, to medium, to fast and back again. The rest of the group follow the pace established by the pace setter. Change the pace setter frequently giving each pupil a chance to be in that position.



Variations

- Change direction, e.g. walking on a windy path.
- Vary the locomotor skill used to move around the area, e.g. skipping or side stepping.
- Vary the height or level of walking (on tiptoes or bent over with head up).

Equipment

An open playing area with clear boundary lines



- No touching or grabbing and allow a safe space from the pupil in front.
- Ensure pupils keep their head up so they don't collide with other pupils.



- Play this game in the yard with your friends.



i mbeirteanna • reathaí ceann riain • an mhall • go méanach • go tapa • seans do gach páiste