



DANCE



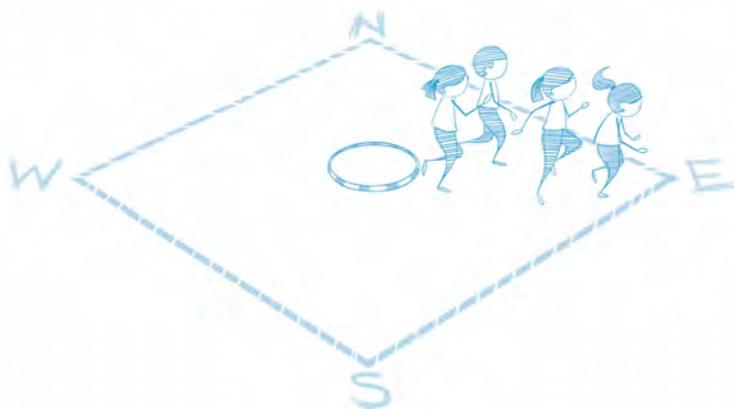
GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Set out a playing area with four corners. Allocate each corner of the playing area to be north, south, east and west. All pupils begin by finding a space in the centre of the playing area. Teacher calls out a direction and pupils skip in that direction. Explore travel directions using a range of locomotor skills, e.g. skip west, hop east, side step north and run south.



Variations

- Arrange pupils in pairs, with one pupil giving the instructions. Alternate roles every turn.
- Invite the first pupil to reach the corner to call out the next direction.

Equipment

An open playing area



- Put up signs in each corner to represent the different directions.
- Pause the activity at intervals to focus on the specific teaching points for skipping 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 skipping action during the activity.



- Play Compass Move in the yard. Assign a compass point to four points in the playing area and take turns giving the instructions with your friends.



ciorcal nimhe • ionfhabhtaithe • leag lámh ar • reoigh • lámha sínte amach