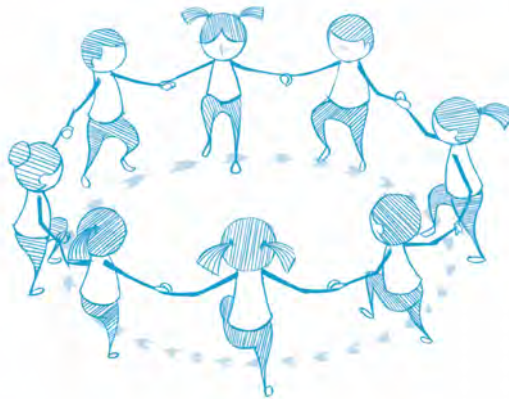




## Description of Activity

Arrange pupils in groups of eight and invite each group to join hands in a circle. Keeping the circle formation, each group begins to skip to the words of Ring a Ring a Rosey, following the instructions outlined below:

- Ring a ring a rosey - Keep hands joined, skip in a circle to the left.
- A pocketful of posies - All stop and face the centre.
- Atishoo Atishoo - Sneeze twice.
- We all fall down - Drop to a squatting position on 'down'.



## Variations

- Introduce folk music or music of the pupil's choosing, and invite them to skip to the beat.

## Equipment

Hall or large confined hard surface



- Pupils should be encouraged to skip in time with the rhyme and skip in time with others.
- Pause the activity at intervals to focus on the 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.



- Practise skipping at home with your family members. Teach them the correct technique.



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