



DANCE



GYMNASTICS

Description of Activity

Pupils find a space in the playing area. Invite them to skip freely around the playing area. On a signal, or when the teacher calls 'freeze', pupils must perform a balance and hold it for a count of five. After they reach the number five, they continue skipping freely around the space. Balancing prompts may include: balance on one foot, balance on two body parts, balance on a large body part, balance on one hand and one foot etc. Pupils perform a different balance each time.



Variations

- Vary the locomotor skill used to move around the area, e.g. hopping, side stepping.
- As the activity progresses introduce partner work and group balances.
- Arrange pupils in pairs, with one skipping and the other watching. Give them clear guidelines to provide each other with feedback on their skipping technique. The observing pupils provide the suggestions for each balance. Alternate roles each time.

Equipment

An open playing area



- Explore a theme for each balance, e.g. animals, superheroes etc.
- 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.



- In your PE journal, create a new game that involves skipping. Show your friends how to play it in the yard.



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