



DANCE



AMES



GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Invite pupils to find a space in a designated playing area. This activity involves short bursts of vigorous effort. Invite pupils to skip around the playing area. On a signal, pupils freeze and teacher invites a pupil to call out an instruction. These should only last about fifteen seconds and may include the following: fast jogging, high knee lift, heel flick, swinging arms, jumping, star jumps, skipping on the spot, clapping hands and crazy dancing, balance on one foot. Repeat the activity a number of times, inviting a different pupil to call the instruction each time.



Variations

- Vary the locomotor skill used between activities, e.g. hopping, side stepping, etc.
- Instead of performing activities each time, invite pupils to explore balancing on various body parts.

Equipment

An open playing area



- Vary the length of the vigorous activity to suit the age and ability of the class group.
- Encourage pupils to freeze in a space and to maintain a safe distance between each other at all times.



- Think about the role that your arms play when you are skipping. Draw a picture of this movement in your PE journal.



gníomhaíochtaí bríomhaire • sodar go tapaidh • bualadh bos • lámha ag luascadh • léim • scipeáil