



DANCE



AMES



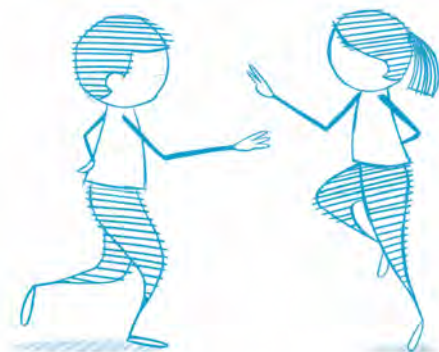
GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Arrange pupils in pairs. Invite each pupil to face each other one metre apart. Begin with side stepping around the playing area mirroring each other's movement as they go. Each pupil puts one hand behind their back. This hand should hold up a certain amount of fingers. After travelling at least ten metres, the teacher calls 'one, two, three, go' and both pupils bring their hand from behind their backs. The aim is to count the number of fingers on both pupils hands and call out the total number. The pupil who calls out the correct number first, wins. The challenge is for pupils to continue side stepping as they play.



Variations

- Increase the difficulty level by using two hands.
- Invite pupils to multiply the two numbers together.
- After three rounds switch partners.

Equipment

An open playing area



- This is a great opportunity to build numeracy into the PE class. Use it to reinforce a wide range of mathematical concepts.
- Pause the activity at intervals to focus on the specific teaching points for side stepping 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 side stepping action during the activity.



- Practise this activity at home with a family member.



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