



DANCE



GAME



GYMNASTICS



OUTDOOR & ADVENTURE

## Description of Activity

Use cones to set up a rectangular playing area. Place lots of obstacles such as skipping ropes, balls, cones and spot markers randomly throughout the playing area. Pupils are required to move over and around these obstacles. At one end of the playing area set up a line of hoops as the home base for each group. At the other end place one hoop in the centre with as many beanbags as possible in it. The aim of the activity is to side step through the obstacles to the other side, pick up one beanbag, side step back and place the beanbag in your group's hoop. The group with the most beanbags at the end wins.



## Variations

- Increase or decrease the number of obstacles and vary the size of the playing area to make the activity easier or more difficult.
- Vary the locomotor skill used to move around the area, e.g. hopping, skipping or running.

## Equipment

An open playing area, hoops, cones, skipping ropes



- Ensure there is a maximum of four pupils in each group.
- 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 side stepping around the yard at playtime. Remember to lead off the right and the left foot.



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