



Description of Activity

Use cones to set up a large playing area. Pupils side step around the playing area until the teacher calls freeze. When freeze is called, pupils stop and perform a balance using the description given, e.g. balance on one foot or balance on two body parts.



Variations

- Vary the type of balance.
- Vary the locomotor skill used to move around the area, e.g. hopping, skipping, etc.
- As the activity progresses, add partner work and group balances.
- Pair pupils up with one side stepping and the other observing. Give clear guidelines on providing each other with feedback on their skipping technique.

Equipment

An open playing area



- Add a theme, e.g. animals, superheroes etc.
- 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.



- Side step from the school gate to the school door every day this week.



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