



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Set out a chair (facing outwards) or hoop for each pupil in a large circle. Invite pupils to side step around the circle facing inwards and keeping at least an arm's distance away from their closest neighbours. It is useful to use music to encourage pupils to move to the beat and develop rhythm when side stepping. When the music stops or the teacher gives a signal, pupils must sit on a chair or jump into a hoop as quickly as possible. As the rounds progress, remove chairs or hoops so that some pupils end up without a hoop. Any pupil that does not have a hoop must side step around the playing area and wait to join the next activity.



Variations

- Allow pupils to share a hoop, e.g. three, any group that does not have three are disqualified.
- Vary the locomotor skilled used to move around the area, e.g. skipping or hopping.

Equipment

An open playing area, chairs or hoops



- Set up smaller activities or start a new activity when down to the last five pupils as there may be a large wait time for pupils leaving the activity early.
- If using hoops, ensure pupils enter them safely and in the case of a tie, the first to touch the ground inside the hoop claims it. Any disputes should be settled by rock, paper, scissors.
- Pause the activity at intervals to focus on the 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.



- In your PE journal, record three sporting activities and one non-sporting activity where side stepping is important.



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