



## Description of Activity

Set up a large playing area using cones. Invite three pupils to be taggers and three pupils to be rescuers. The remaining pupils balance a beanbag on their head in their own space in the area. On a signal pupils walk or run around the area trying not to get tagged. If pupils are tagged or if their beanbag touches the ground they freeze and perform a static balance holding their arms out to the side until they are released by the rescuers.



## Variations

- Vary the locomotor skill used, e.g. walking, hopping, skipping, side stepping etc.
- Challenge pupils to change levels with the beanbag on their head.
- Increase or decrease the number of taggers.

## Equipment

An open playing area, cones, bibs, beanbags



- **Pause the activity at intervals to focus on the teaching points for balance in the lesson. Provide feedback to individuals while they perform the balances during the activity.**
- **When performing a static balance invite pupils to extend and point all limbs. This concept is called aesthetics.**



- **In your PE journal, draw two easy balances and two difficult balances.**



- **cóin • triúr • tóraithe • sábhálaithe • séideadh na feadóige • málaí pónairí • cothromaíocht statach • lámha sínte amach**