

Description of Activity

Set out a starting line and a finishing line in the playing area using cones. Each pupil lines up at the starting line with a ball. On a signal, pupils begin to sprint towards the finishing line. On another signal, pupils must come to a complete stop as quickly as possible and complete the challenge that is called out, e.g. when they hear 'head on the ball', they must come to a complete stop, put their ball on the ground, touch their head to it and freeze. Pupils perform this balance until invited to continue running.

Suggestions for challenges: sit on ball and balance, one foot on the ball and balance, one hand on the ball and balance, one elbow on the ball and balance, one knee on the ball and balance, move the ball on the floor between your ankles, move the ball around your waist, attempt to spin the ball on your finger, balance with the ball on your tummy, back or between your knees.



Variations

- Vary the locomotor skill used to travel across the playing area.
- Introduce partner work, e.g. one ball between two pupils.
- Introduce a team element, half of the class performing whilst facing the other half.

Equipment

An open playing area, one ball/item per pupil, cones



- Reinforce the teaching points of balancing when pupils are performing a balance.
- Remind pupils to come to a complete stop without sliding on the floor.
- Encourage pupils to focus on the teacher's voice to hear the instructions and react quickly.



- In this activity it is important to have good balance. In your PE journal, list three times in your life when it is important to keep your balance (e.g. standing on a chair to change a light bulb).



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