

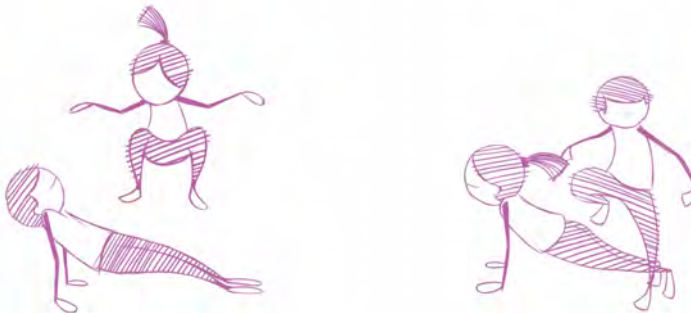


Description of Activity

Arrange pupils in three groups: half of the class are the 'flips' and the 'flops', and the other half are the 'movers'. The flip and flops must find a space within the playing area and get into the position as described below. The movers must travel around the playing area. On a signal the movers travel towards a flip or a flop and gently tag them on the shoulder to swap roles. Repeat the activity for a set amount of time.

Flip description = plank

Flop description = crab or bridge position



Variations

- Introduce other locomotor skills such as skipping or side stepping for the movers to travel around the area.
- Once the pupils are familiar with the activity, the teacher can decide to remove the signal and invite pupils to change roles spontaneously.

Equipment

An open playing area



- Encourage pupils to engage their core muscles, as a strong core helps with stability.
- Invite pupils in the plank position to drop their knees to the floor if they get tired.
- Invite pupils in the bridge position to drop their bottom to the floor if they get tired.



- Research 'yoga for kids' online and practise with a family member.



dhá ghrúpa • flip fleap • lucht aistrithe • portán • droichead