



Description of Activity

Invite pupils to spread out in the playing area and find a space. When the music is played pupils move around the area using a locomotor skill of the teacher's choice. Encourage dodging and avoiding the other pupils. When the music stops pupils must perform a balance and freeze for ten seconds. Any pupil that moves must complete five jumping jacks before joining in again. Restart the music and repeat.



Variations

- Vary the locomotor skill used to move around the area.
- Vary the tempo of the music and encourage pupils to move to the beat, thus promoting an understanding of rhythm.
- Introduce jumping. When the music stops, pupils must do five jumps for distance or height.
- Introduce partner balance.

Equipment

An open playing area and music



- Ensure pupils keep their head up and watch where they are going.
- When the music stops take the opportunity to teach specific technique, e.g. lower your body when changing direction.



- Invite pupils to play their favourite song at home and to perform three balances that they think suit the music. Show your balances to the class in the next PE lesson.



ceol a sheinnt • cor i leataobh • cothromú a dhéanamh • reoigh ar feadh 10 soicind • seac léimní