



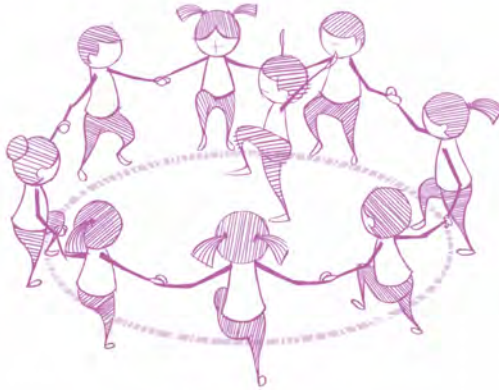
DANCE



GYMNASTICS

Description of Activity

Arrange pupils in groups of six. Invite each group to stand in a circle and hold hands. One pupil starts the activity by performing a balance (e.g. one leg lift, one leg forward, one leg back, one leg resting on the knee of the other, etc). Everyone else in the circle adopts the same balance. The same pupil that selected the balance now gently squeezes the hand of the person beside them. On feeling the squeeze, the receiving pupil then squeezes the hand of the next person, making sure to perform the balance. When the squeeze gets back around to the first pupil, the second pupil selects a new balance and continues the activity. Repeat the activity until every pupil has had a chance to select the balance.



Variations

- Instead of balancing, pupils could select a hopping or jumping action for everyone in the circle to copy, e.g. hopping on the left foot/right foot/alternate feet, jumping two-feet, criss-crossing the legs, or hop-scotch etc.

Equipment

An open playing area



- Encourage pupils to alternate the standing leg for each balance.
- Remind pupils of the teaching points that they can use to help them to balance.
- Remind pupils not to squeeze each other's hands too tightly.



- Practise one legged balances. In your PE journal, draw five of these balances.



ceathrar nó cúigear i ngrúpa • ag seasamhí gciocal • cothromaíocht • ag déanamh aithris ar • lámh a fháscadh