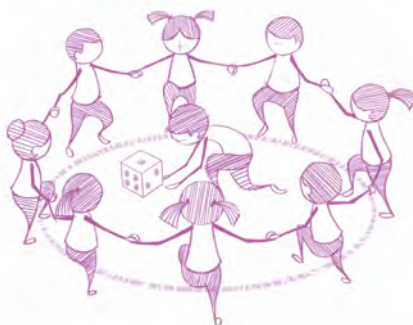




Description of Activity

Arrange pupils in a circle. Introduce a die and invite pupils to allocate a body part to each number. Suggested body parts to balance on may include: right/left foot, bottom, tummy, back, left side, right side.

Invite pupils to walk steadily around the playing area, taking care to avoid each other. On a signal, pupils freeze and the teacher (or a selected pupil) rolls the die and calls out the number. Pupils perform a balance using the relevant body part. Repeat the activity several times, changing the locomotor skill from walking to skipping to running.



Variations

- Introduce a second die and allocate further body parts to each number. Now pupils have to ensure that their balance is on both body parts e.g. right foot and left elbow.
- Suggested body parts for second die include: right hand, left hand, right elbow, left elbow, right knee, left knee, etc.
- Invite pupils to find a partner and perform a mirrored balance.
- Instead of using pairs, invite pupils to perform the balances individually.
- Use a third numbered die, this time they have to assemble in groups of the number rolled and make group balances on the particular body part.

Equipment

An open playing area, large dice with parts of the body on each side.



- Encourage pupils to work together to come up with the balance.
- Demonstrate how to balance on certain body parts.



- In your PE journal, draw or stick a picture (from a magazine, newspaper, book or the internet) of a dancer performing a balance.



- siúl timpeall • bealach nua • dalta eile a sheacaint • díse a chaitheamh • cothromaíocht scáthánach