



DANCE



GYMNASTICS

Description of Activity

One pupil stands with their back to the other pupils in the wolf den, while the other pupils stand about ten metres back, behind a line in the playing area. The pupil with their back to the other pupils is the Sly Wolf, and chants:

'I am the Sly Wolf and I'm fast as lightning.

If I catch you creeping, it will be very frightening!'

While the wolf is chanting, the other pupils creep towards them. At the end of the chant, the wolf spins around and pupils freeze and perform a balance. The wolf tries to catch someone moving. If they are unable to catch anyone, they can walk amongst pupils and without touching them, try to make them smile or laugh. If they succeed, the pupil who smiled or laughed roars with fright and returns to the start line. The wolf returns to the den and the activity is repeated. If a pupil can get to the den without being caught, they become the new wolf.



Variations

- To challenge pupils' balance, the wolf can introduce instructions such as 'balance on one foot' or 'balance on hands and feet' etc. as part of their chant.
- Vary the travelling method e.g. creep, walk, hop, side step, jump.

Equipment

An open playing area



- Consider placing a time limit of ten seconds for the wolf to move around pupils.
- Remind pupils to use strategies to help them to perform the balance, such as looking at a spot on the ground, taking steady breaths etc.



- This activity originated in Greece. In your PE journal, draw another activity that originates from anywhere in the world.



mactíre • luas lasrach • bog go mall • breith ar dhalta ag gluaiseacht • meangadh gáire • ag gáire