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## On the Spot

### Organisation: see diagram page 2

- Each child takes two spots.
- All children and teacher hold hands to make a circle.
- Now take three large steps back and place the 2 spots on the floor until one big circle is formed. There should be one free spot beside each child.
- You need space between each spot.
- Maybe consider an inner and outer circle if very tight on space.

### Movements:

- Each child should be standing on a spot.
- Step forward off spot and step back on
- Step back off spot and step back on
- Walk around the spot on the outside
- Change and walk the other direction
- Skip around the spot r/l
- Jump on spot (Teaching points for jumping)
- Hop on spot r/l foot x 5 on each foot
- Crab walk around spot

Stand and hold hands. Where is the right and the left?

### Stepping stones

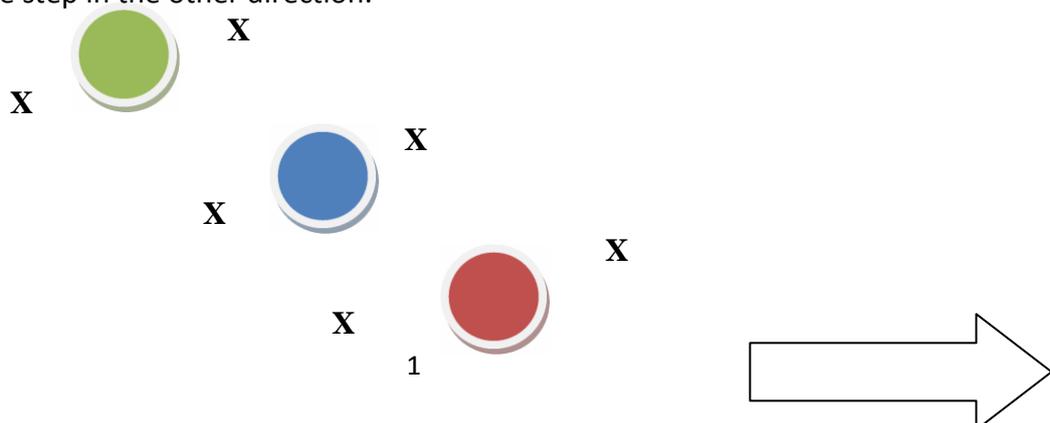
- Walking to the right
- Change and walk the other direction
- Stepping stones jumping to the right
- Change and jump the other direction

### Hop Scotch

- Jump two feet together on the spots and then jump two feet apart in the space ahead.

### Partner Work

- Stand facing a partner with a spot between you and your partner.
- Children face each other. Children on the outside skip around the large circle to the RIGHT and the children on the inside to the LEFT.
- Hold hands. Gently and slowly side step around the circle. No passing out. Change and side step in the other direction.



Stretch

Sit on a spot:

Wide Shape

Raise Arms

Tucked Shape (tuck knees into chest in a sitting position)

Tucked Shape facing floor

Lunge across the mat

Balance

1 point

2 point

3 point

Strength

Lie on a spot. Legs in the air and backs flat against the floor. Bicycle kicks

Sit Ups

## Spot Organisation

