

Stone, Bridge, Tree

How to play / Teaching points

Pupils are in 4's. Number themselves 1,2,3,4. Number 1 will perform the obstacle course first.

Number 2 is the first pupil number 1 will negotiate by number 1 going over number 2, so number 2 has to make a shape that number 1 can go over safely.

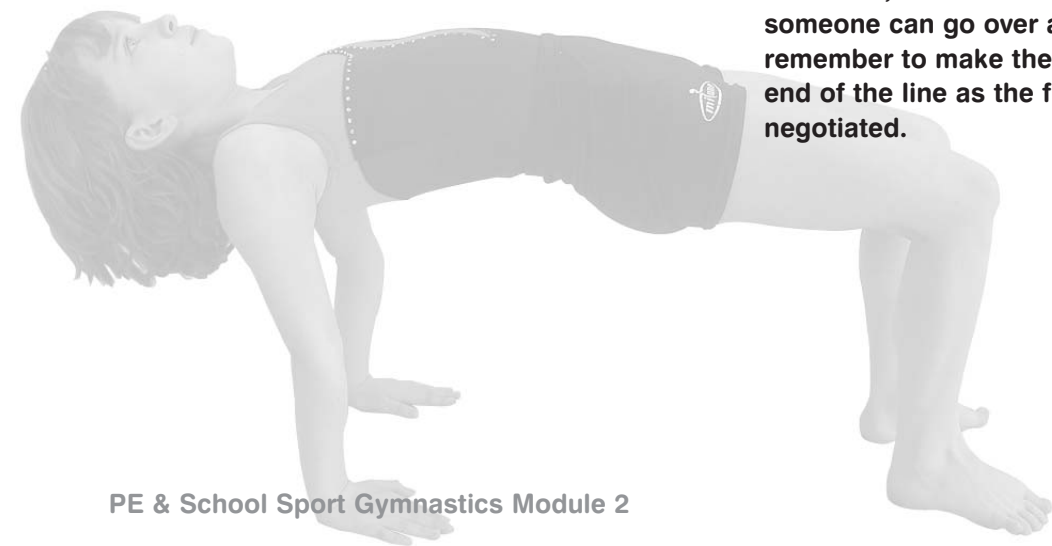
Number 3 is a safe distance away from number 2 and makes a shape that number 1 can go under safely.

Number 4 is a safe distance away from number 3 and makes a shape that number 1 can move around safely.

Once the pupils have chosen their starting shape number 1 starts and moves over number 2, under number 3 and around number 4. When number 1 finishes they move into a space and perform the shape that they first negotiated, which in this case was a stone.

Number 2 then starts and goes under number 3, around number 4 and over number 1, number 2 makes a shape that someone can go under.

Then number 3 starts by moving around number 4, over number 1 and under number 2, number 3 makes a shape someone can go around. Then number 4 starts by moving over number 1, under number 2 and around number 3, number 4 makes a shape someone can go over and so on. Pupils must remember to make the same shape at the end of the line as the first person they negotiated.



Stone, Bridge, Tree (continued)

Adapting the activity

Enable

- Start in pairs and then move to 3's and then 4's
- Start with lines in own garden area, then two lines in an area, join two areas together and so on. See using apparatus section on CD Rom
- Teacher may limit actions pupils can choose from
- Only use forward direction
- Allow pupils to refer to module 1 CD Rom to remind them of the actions covered

Challenge

- Everybody everywhere. See 'using apparatus' section on CD Rom
- Allow pupils to choose any actions they know
- Encourage pupils to travel in different directions to include forwards, backwards, sideways and diagonally
- Encourage pupils to move quickly and slowly
- Encourage pupils to move at a high and low level

Health Related Exercise benefits

- Improves strength, stamina, flexibility and speed

Links to future learning

- > Lead and follow choreographic structure developing different ways to change the leader

