

# Thread the Needle

## How to play / Teaching points

Pupils are in 3's or 4's lined up one behind the other. The pupil at the front is the leader and decides on a body schooling action and then performs it. The others in the line must follow at a safe distance doing the same action.

On a predetermined cue the pupil at the back moves to the front of the line and becomes the leader and chooses an action that the rest have to follow.

The line of pupils weaves in and out of other lines so everyone is working safely in the hall at the same time.

## 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 of the actions that have been covered

### Challenge

- Everybody everywhere. See 'Using Apparatus' section on CD Rom
- Allow pupils to choose any actions they know. Use module 1 & 2 CD Roms to remind pupils of what they have covered
- 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
- Allow pupils to make up their own cue to change the leader

### Health Related Exercise benefits

- Improves strength, stamina, flexibility and speed

### Links to future learning

- > Lead and follow choreographic structure

