

## Delivery notes

# Cool down: Monkey chatter

5 minutes

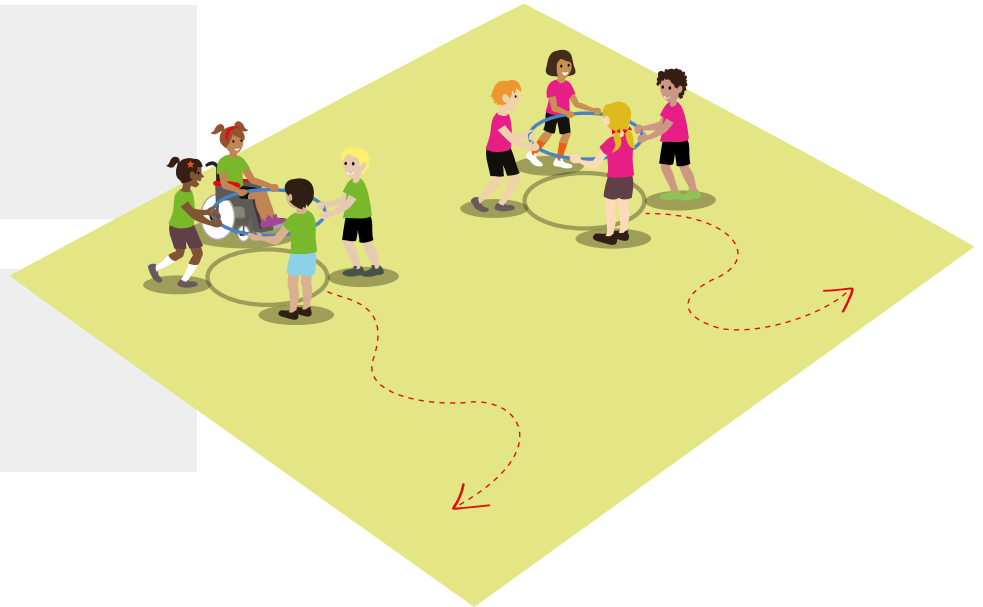
### Learning outcome(s):

Pupils will be able to:

- reflect on own learning.

### Resources required:

- One hoop for every three or four pupils.



### Delivery notes:

1. Pupils group into small bands of three to four 'monkeys'. Each band holds on to a hoop and starts walking around the activity area.
2. Ask a single question for everyone. Overall your questions could include:  
How did you improve your balance each time?  
What will you do next time to challenge yourself when balancing?  
Which letters did you find hard to hold as a balance and why do you think this was?  
Which sports do you need a good balance for and why?  
When in everyday life do we need to balance?
3. Encourage the members of each group to discuss answers between themselves. When they have all shared answers, one member stands inside the hoop to feed their band's suggestions back to the class if asked.
4. Ask a second question; the bands start walking again, discussing their next answers.