



ATHLETICS



DANCE



GAMES

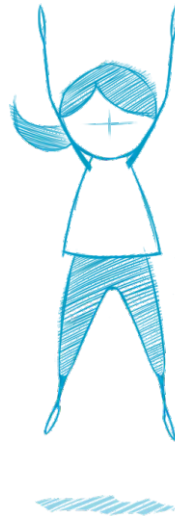


GYMNASTICS

## Description of Activity

Give each pupil a spot marker, and invite them to find a space in the playing area where they are not in contact with anyone else. Each pupil places their spot marker on the floor and stands on the spot. Invite pupils to practise jumping onto and off their spot using some of the following instructions:

- Jump very fast or slow
- Jump like a giant or a frog
- Jump with stiff legs and arms
- Jump up and down keeping your arms out from your side
- Jump on and off your spot with legs apart and land with feet apart
- Start on your spot and jump three times forward in a straight line
- Start on your spot and jump around in a wide circle until you return to your spot



## Variations

- Invite pupils to create their own different types of jump actions.
- Invite pupils to work in pairs to create a jump sequence.
- Add a low object to jump over e.g. rope, cone, beanbag.

## Equipment

An open playing area, spot markers, ropes, cones, beanbags



- Ensure there is adequate space between pupils to allow them to jump on and off their spot without crossing the path of another pupil.
- Pause the activity at intervals to focus on the specific teaching points for jumping in the lesson. Provide feedback to individuals while they perform the jumping action during the activity.



- In your PE journal, draw a picture of you jumping.



ag seasamh ar spota • léim tapaidh • léim mall • ciúin • glórach • lámha amach