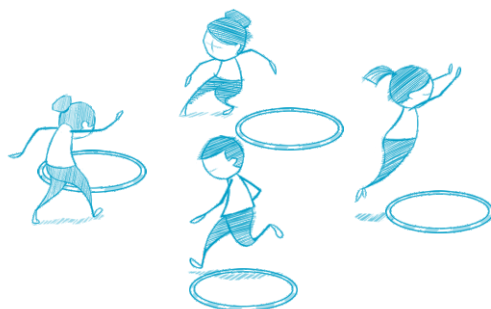


Description of Activity

Give each pupil a hoop and invite them to find a space in the playing area. Pupils place their hoop on the ground to represent an island. Invite pupils to move freely through the ocean (space between the hoops). When the teacher calls the word shark, pupils must run to find a hoop, pause and jump into it off two feet. Stay in the hoop for a count of five, and then continue moving around the playing area. Introduce further cue words such as:

- 'Waves' - jump around the playing area
- 'Fish' - move around the area using a swimming arm action
- 'Jellyfish' - dodge another pupil in the playing area



Variations

- Invite pupils to perform a balance on the island for a count of five.
- Vary the locomotor skill used to move around the playing area e.g. hopping or skipping.

Equipment

An open playing area, hoops



- Encourage pupils to use their arms to help them to jump higher.
- Ensure pupils exercise caution when moving around the space, by keeping their eyes open and looking forwards in the direction they are travelling.
- Pause the activity at intervals to focus on the specific teaching points for jumping in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the jumping action during the activity.



- Ask a family member to practise jumping with and without their arms. Talk about which is easier.



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