



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, and place their spot marker on the floor. On a signal, or when the music plays, pupils begin to walk around the playing area. On a second signal, or when the music stops, pupils jump onto the closest spot. The teacher invites pupils to perform a jumping action such as:

- jump on and off the spot three times
- jump from side to side over the spot
- jump around the spot
- jump forward and backwards over the spot
- perform a star jump in the air and land with both feet on the spot
- jump as far away as possible from the spot

When the music plays again, pupils continue moving around the area using a different locomotor skill e.g. run, hop, skip.



## Variations

- When teaching this activity during a gymnastics lesson, encourage the use of different pathways to approach a spot e.g. straight, curved, or zig-zag.
- Instead of performing a jump on the spot, pupils could perform a balance.

## Equipment

An open playing area, spot markers, music (optional)



- 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.



- Play some music at home. Try jumping to the beat of the music.



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