



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Arrange pupils in groups of seven, forming a circle with one pupil in the middle. The pupil in the middle begins jumping in a particular fashion chanting 'This is the way Jamie jumps'. The other pupils in the circle repeat the words and perform the jump in the same way as the pupil in the centre demonstrated. The first jumper then nominates another pupil to take their place in the centre. This second pupil chants the same words but jumps in a different way. The game continues until all pupils have had a turn.



Variations

- This may be a good opportunity to highlight the difference between jumping for height and jumping for distance. Invite pupils to select either height or distance as the focus for their jumps, or complete one round of the circle using jumping for height only, and complete a second round of the circle using jumping for distance only.
- Include a theme for the jump actions e.g. animals, sports, jobs etc.
- Arrange pupils into smaller groups and introduce sequencing. Each time a pupil demonstrates a new jump, pupils in the circle must perform the preceding jumps, and add the new jump at the end. At the end of the round, pupils will have created a jumping sequence.

Equipment

Hard or grass playing area, spot markers



- Ensure the circle is adequately spaced to allow pupils to jump without making contact with other pupils.
- Jumping can be a tiring activity for pupils. At intervals during the activity, provide opportunities for pupils to rest, e.g. take a stretch break.



- Ask a grown-up to help you figure out times when you use jumping during the day.



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