



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Arrange the pupils in pairs facing each other. Give each pair a cone and two spot markers. Each pupil stands at a cone and places two spots side by side in front of them. On a signal, both pupils jump onto their respective spots (wide stance with one foot on each spot). Pupils are encouraged to point both hands (pistols) at their partner and shout 'bang!' (hands out for balance). Pupils reset the activity and await the next signal.



Variations

- Encourage the pupils to try jumping for height.
- Start the activity with pupils standing at their cones, with their back facing towards their partner's back. On the signal, pupils must now turn and jump to land on the spots.

Equipment

An open playing area, cones and spot markers



- Demonstrate for the pupils what the motorbike landing looks like:
- Pause the activity at intervals to focus on the specific teaching points for landing in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise on the spot and then return to the activity. Provide feedback to individuals when they perform correct landing technique during the activity.



- Play this game at lunchtime with your friends.



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