



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Use cones to mark out a designated space within the playing area. Place various small pieces of PE equipment such as skipping ropes, cones, balls, etc. within the designated space. Arrange pupils in pairs. Pupil A is the leader and pupil B must shadow their movements. These movements could include any of the locomotor skills such as walking, running, skipping, hopping, jumping, side stepping etc, performed at various levels (high, middle, low). Pupil A may lead pupil B to jump over an obstacle in the playing area, focusing on correct landing technique. After a set period of time, reverse the roles and continue the activity.



Variations

- Alter the locomotor skill used to move around the playing area.
- Pupils must perform a balance after they land.
- Pupils could work in groups of three with one pupil giving feedback to the other two pupils on their landing technique.

Equipment

An open playing area, cones, skipping ropes and other small pieces of PE equipment such as beanbags, quoits, etc



- Ensure pupils have adequate space to move around and that there are enough obstacles for everyone to jump over. Encourage pupils to exercise caution when jumping over an obstacle and to ensure that another pair are not already using that obstacle.
- 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.



- Practise landing at home by jumping over a small cushion, teddy or other small item. Ask a grown-up to make sure your landing area is safe.



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