



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Arrange the pupils in small groups and give each group six spot markers (or hoops). Each group lines up behind the first spot, and the remaining spots are placed in a straight, curved or zig-zag line in front of the group. Invite one pupil in each group to be the leader. The remaining pupils follow the leader as they perform a sequence of jumps across the spots. Pupils can select two feet jumps, hops, one-to-two feet jumps or two-to-one feet jumps. The last jump should be a jump for height with a stable landing.



Variations

- Allow pupils to practise one type of jump only to ensure the focus is on correct landing technique for each jump.
- Instead of following the leader, allow each pupil to create their own sequence when it is their turn to jump along the spots.

Equipment

An open playing area, spot markers or hoops



- **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 hopscotch in the yard at lunchtime. Practise good landing technique.**



- **léim ar dhá chos • léim ó chos amháin go cos eile • léim ard • gluaisrothar**