



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Invite pupils to find a space within the playing area where they are not in contact with anyone else. Place the PE equipment (ropes, hoops, cones, spot markers) randomly around the playing area. Teacher calls out the following chant: 'Moving through the forest, What do you see? I think I see a monkey, BOINGGGG! Jumping after me!'

For a set amount of time, pupils run away from the imaginary monkey, jumping over the PE equipment and landing safely. The teacher can call out some of the following commands as the pupils are running around:

- Duck under the fallen branch!
- Leap over the fallen log!
- Dodge around the banana peel!
- Hide from the monkey! (crouch down)



Variations

- Pupils select an animal and move around the playing area like that animal.
- Invite pupils to try backwards jumps or sideways jumps over the equipment.
- Change the rhyme so that pupils focus on a different locomotor skill.

Equipment

An open playing area, ropes, hoops, cones, spot markers



- Encourage pupils to hold the landing position for a count of three before moving on.
- 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 pupil is 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.



- Landing safely is important. Talk to a grown-up about ways we can protect ourselves if we fall at home.



sa dufair • feicim moncaí • ordaithe • géaga • cor i leataobh • téigh i bhfolach