



ATHLETICS



DANCE



GAMES



GYMNASTICS

## Description of Activity

Arrange the pupils in pairs (A and B) and give each pair two spot markers and one skipping rope. Place the two spots on the ground a short distance apart and place the skipping rope in between the spots. Invite pupils to imagine that they are stranded on one side of a stream. Pupil A performs a jump for distance from one spot over the rope with a safe landing on the other spot. When pupil A lands, pupil B counts to three as pupil A holds the landing. Roles are then reversed.



## Variations

- Increase the distance between the spots
- Encourage pupils to jump for distance off two feet.
- Introduce some elevated surfaces for pairs to jump off, such as steps, benches, blocks etc.

## Equipment

An open playing area, spot markers, skipping ropes



- Ensure the emphasis is placed on correct landing technique.
- Ensure groups are spaced out and that pupils are not jumping across the path of other groups.
- 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.



- In the yard, practise jumping over a rope with a friend. Give them feedback.



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