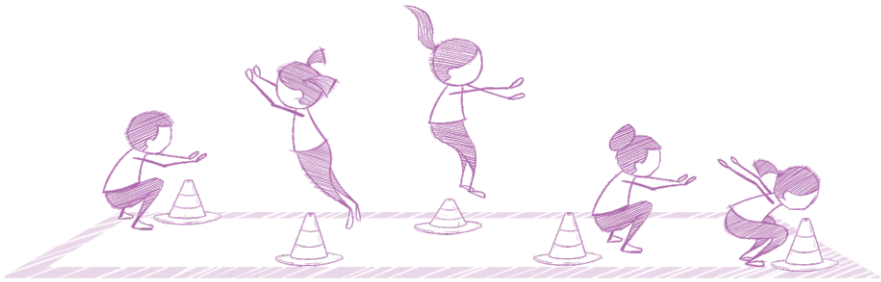




Description of Activity

Arrange the pupils in pairs and scatter the cones randomly around the playing area. Pupil A chants the rhyme below for pupil B who must jump off two feet over the cone (the candlestick) and attempt to land safely on the other side of the cone. Pupil B should jump over three cones while pupil A is saying the rhyme: 'Jack be nimble, Jack be quick, Jack don't land on the candlestick'. After pupil B has completed three jumps and three landings, swap roles and play again.



Variations

- Use cones of varying heights depending on the ability of the pupils.
- Chant a different nursery rhyme and have the pupils come up with their own landing idea for everyone to try.
- Invite pupils to add a line to the story each time it is their turn to say the chant.

Equipment

An open playing area, cones



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



- Design a game around your favourite nursery rhyme that involves landing. Play this game with a friend in the yard.



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