



ATHLETICS



DANCE



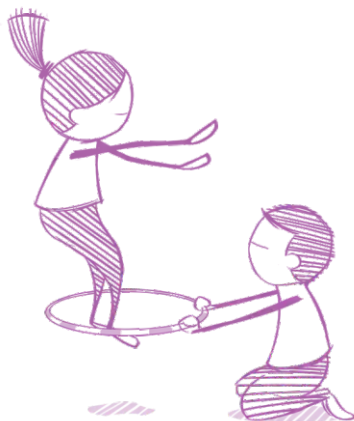
GALES



GYMNASTICS

Description of Activity

Arrange the pupils in pairs, with one hoop between each pair. Begin by placing the hoop flat on the ground. Pupils take turns to jump into and out of the hoop, five times each. Progress the activity by inviting one pupil to raise the hoop slightly off the ground. The other pupil must now jump in and out of the hoop, taking care to practise correct landing technique. Each pupil takes five jumps into the hoop before swapping roles and repeating the activity. Again progress the activity by inviting the pupils to raise the hoop slightly higher off the ground.



Variations

- Pupils can jump in and out of the hoop using forwards, backwards, and sideways jumps, focusing on correct landing technique each time.
- Partners use the hoops to perform a sequence of jumps and landings which last thirty seconds. Pupils take turns to perform the sequence for the class.
- Invite pupils to perform a static balance after every landing.

Equipment

Hoops



- At its highest point, the hoop should be no higher than the knees of the pupil that is jumping. The pupil holding the hoop may wish to kneel or sit down.
- 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.



- Ask a grown-up to perform some jumps and landings for you at home. Give them feedback on their landing.



ar na glúine • fonsa ós a gcomhair • léim isteach • léim amach • léim go cliathánach • tuirlingt