



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Invite pupils to stand in a space and start marching on the spot. Using an oversized deck of cards, the teacher turns over the cards one by one. Each card will signify an action for pupils to perform, and the number will signify how many of each exercise they do:

- Diamonds: Star Jump
- Hearts: Jump as high as possible
- Clubs: Jump as far as possible
- Spades: Touch the ground and jump in the air



Variations

- Vary the actions for each suit of cards and invite pupils to make suggestions.
- Joker cards can signify jog around the playing area.
- Picture cards can be left out of the deck, or can signify the number ten.
- Reduce the amount of activity required by only using two suits of cards, or using the lower numbered cards, e.g. one to seven.
- Speed up the process so that pupils really have to concentrate.

Equipment

An open playing area, deck of cards (oversized if possible)



- The teacher should select actions that encourage a variety of jumps.
- Ensure that every pupil has enough space to swing their arms and move forwards and backwards.
- Focus on the teaching points of jumping for height or distance when possible.



- In your PE journal, list some exercises that make you breathe harder. Write about why this happens, and why it is important to engage in physical activity every day.



ag mairseáil • cártaí imeartha • muileata • hart • triuf • spéireata • cleas na bacóide