

HIGH JUMP LOW JUMP



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Invite pupils to find their own space within the playing area. Use a set of coloured paper or cards prepared in advance to coordinate the activity. Explain to pupils that each coloured card represents an action. For example:

- Red - High jump with arms up
- Blue - Place hands on the floor and jump legs up off the ground
- Green - Turn around
- Yellow - Touch the ground
- Purple - Star jump
- Orange - Tuck jump
- Pink - Criss cross legs.

Invite pupils to begin by jogging slowly on the spot. When ready, hold up a coloured card (it may be useful to have coloured instruction cards pinned to the wall around the playing area). Invite pupils to perform that action once and continue jogging. Repeat using other colours, getting faster and faster as pupils become familiar with the colours.



Variations

- Use a number of cards at once and invite pupils to develop their own sequence of movements.
- Invite pupils to work with a partner to mirror their movements and develop a paired sequence.

Equipment

An open playing area, coloured cards



- Ensure pupils have enough space around them to perform each of the actions safely.
- Revisit today's teaching points through a number of different jumping actions to stress that good jumping technique is important regardless of the jump.



- In your PE journal, write a list of professions that require good jumping skills.



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