



ATHLETICS



DANCE



GAMES



GYMNASTICS

## Description of Activity

Arrange pupils in pairs. Each pair finds their own space in an open playing area. Give a rope to six pairs to spread out and to use the ropes as instructed. All remaining pairs move around the playing area, jumping the ropes as they go. Some challenges may include:

- The sea is low - the rope is dropped close to the floor and easy to jump over.
- The sea is high - the rope is raised to knee height so pupils must jump higher to clear it.
- The sea is rough - rope is shaken vigorously from side to side to challenge the jumper.
- The sea is flowing - gently rotate the rope similar to skipping to challenge pupils to jump through it.

Regularly rotate the pupils using the ropes.



## Variations

- Pupils make shapes as they jump, e.g. in a tucked or a wide position.
- Encourage pupils to come up with their own theme and rope movements.
- Allow pupils to opt out of a jump if they so wish.

## Equipment

Open playing area, rope



- Ensure pupils perform a soft landing with bent knees.
- Pause the activity at intervals to focus on the specific teaching points for jumping in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the jumping action during the activity.



- Practise jumping for distance for the next three weeks, measuring your longest jump regularly in your PE journal. Draw your results on a chart or graph.



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