



ATHLETICS



DANCE



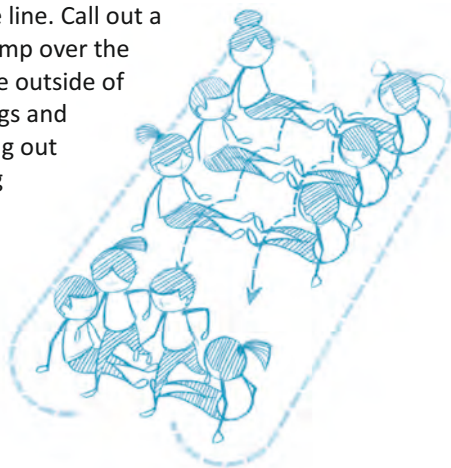
GAMES



GYMNASTICS

Description of Activity

Arrange pupils in groups of ten or more. Invite pupils to sit one metre apart in two parallel lines facing each other with each pupil's feet touching the feet of the pupil opposite them, forming a ladder as shown in the diagram. Invite each pupil to sit up with their legs straight and on the ground. Number the pairs of pupils, starting with one for the pair at the top of the line. Call out a number. The pair called get up and jump over the legs of the other pairs, run around the outside of the line before continuing over the legs and back to their place. Continue by calling out more numbers, one at a time, making sure all pupils have a turn.



Variations

- Vary the position of the legs, e.g. open the legs in a V shape instead of having them side by side. In this way, pupils jump into the centre of the V instead of over the legs.
- Instead of jumping over legs, give each pair a skipping rope to hold and invite pupils to jump over it.
- Instead of a long ladder, arrange the group into smaller ladders of approximately four pairs.

Equipment

An open playing area



- **This is a challenge, not a race. Emphasise that pupils need control and balance to perform the activity.**
- **Ensure that pupils sit up straight and keep their legs flat to the ground so that the pupils jumping do not trip.**



- **Place a ruler on the floor in your garden, or use a line in the pavement. Count how many times can you jump over the line, two-feet to two-feet in one minute. Write the number in your PE journal. Practise every day for one week and see if you can increase this number.**



deichniúr nó níos mó • dhá líne comhthreomhara • cosa • glaoch amach uimhir • léim thar na cosa