



ATHLETICS



DANCE



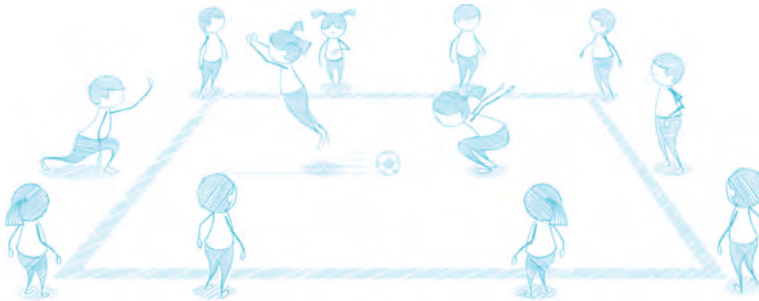
GAMES



GYMNASTICS

Description of Activity

Arrange pupils in two groups. One group starts within a defined playing area. The others stand around the outside with four balls. The pupils outside the playing area take turns to roll the ball across the playing area to a teammate, ensuring it stays on the floor. If the ball is rolled in their direction, the pupils inside must jump over it to get out of its path. If the ball hits any pupil below the knee they join the group who are around the outside. As the ball crosses the space, the pupils on the opposite side of the space receive the ball and roll it back in. Once all of the pupils have joined the outside area, the activity starts again with the other group in the middle.



Variations

- Begin with four balls and increase the number of balls as pupils become comfortable with the activity.
- Encourage pupils around the outside to move to a new space when they have rolled the ball.
- This activity can also be played in threes in a smaller space, with one pupil in the centre and the other two rolling the ball to each other. If a pupil in the centre is touched by the ball, the pupil that rolled it swaps in.

Equipment

An open playing area, cones or lines on a court/yard, large soft balls



- Ensure that the ball is rolled and kept below knee height.
- Roll the ball slowly to avoid bouncing it.
- Pause the activity at intervals to focus on the 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.



- This week, practise your jumping technique while doing other things at home, e.g. watching TV, brushing your hair, walking down the hall, waiting for the bus, on the phone, etc.



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