



ATHLETICS



DANCE



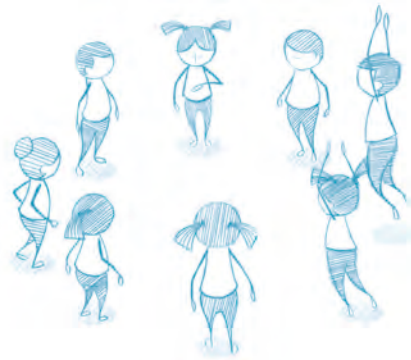
GAMES



GYMNASTICS

## Description of Activity

Arrange pupils in a circle. Invite one pupil to start the activity by performing a jump action (e.g. star jump, hop scotch, jump up with arms in the air, jump in a circle, scissors jump, clap jump, etc). As the first pupil completes the jump the next pupil performs it and so on around the circle in a Mexican Wave. When the jump action reaches the pupil that started it, they complete the action and the next pupil begins again with a different jumping action. Again the action travels around the circle. Repeat until each pupil has added a jump action.



## Variations

- Invite pupils to complete the circle of movements as quickly as possible.
- Reverse the order of the activity each time it returns to the start.
- Arrange pupils in smaller groups, each group orchestrating their own wave.

## Equipment

An open playing area



- Encourage pupils to practise a variety of jumps.
- Ensure pupils have enough space to complete the jumps.
- 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.



- In your PE journal, make a list of different types of sports that use jumping.



i giorcal • léim • croith láimhe Meicsiceach • aithris a dhéanamh ar • seans ag gach dalta