



ATHLETICS



DANCE



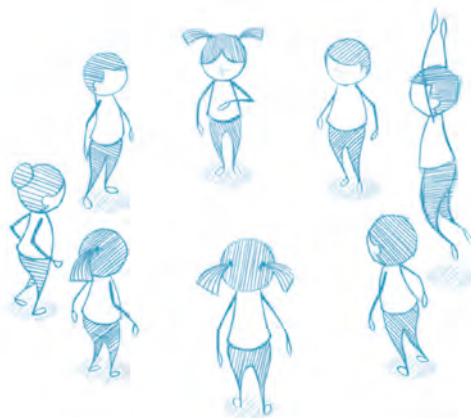
GAMES



GYMNASTICS

## Description of Activity

Arrange pupils in groups of six, standing in a circle arms distance apart. The first pupil does a jump of their choice. The next pupil copies the first jump and adds a jump of their own to the sequence. The third pupil performs the first two jumps, then adds another to the sequence. This continues around and around the circle. If the sequence is performed incorrectly, invite the group to start again. The aim is see which group can build the biggest sequence.



## Variations

- Encourage pupils to move the jumps off the spot.
- Invite pupils to perform the whole sequence for the class.

## Equipment

An open playing area



- Introduce and practise a range of jumps at the beginning of the class.
- 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.



- In your PE journal, invite pupils to complete a 'Two Stars and a Wish' activity related to their own jumping technique. Two stars means two things that they are doing well and the wish illustrates one thing they would like to improve.



seisear nó seachtar • dhá léim • léim eile a chuir leis • seicheamh a chruthú