



Description of Activity

Arrange pupils in groups of six, with a long rope for each group. Invite two pupils to turn the rope. This role is rotated regularly. Jumpers form one line to enter the rope near one of the turners. Once one pupil has established themselves jumping under the rope a second pupil is added, then a third, and so on. Encourage pupils to move close together to make room for other jumpers. Each activity ends when a jump is missed. The aim of the activity is to get as many pupils as possible jumping under the same rope, combining groups and ropes if necessary.



Variations

- Turn the rope slower or faster depending on pupil's ability.
- Try touching a body part on each jump.
- Try jumping and rotating 180 degrees.

Equipment

Long ropes or skipping ropes tied together



- The teacher can turn the rope to help the other pupil maintain a rhythm.
- 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 with a skipping rope in the yard or at home.



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