



DANCE



GAME



GYMNASTICS

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.



seisear • téad scipeála • líne amháin • léim faoin téad • le chéile



ATHLETICS



DANCE



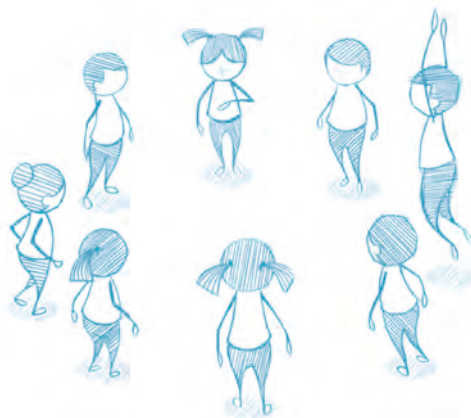
GAMES



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



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GYMNASTICS

Description of Activity

Arrange pupils in pairs. Each pair finds their own space in an open playing area. Give a rope to six pairs to spread out and to use the ropes as instructed. All remaining pairs move around the playing area, jumping the ropes as they go. Some challenges may include:

- The sea is low - the rope is dropped close to the floor and easy to jump over.
- The sea is high - the rope is raised to knee height so pupils must jump higher to clear it.
- The sea is rough - rope is shaken vigorously from side to side to challenge the jumper.
- The sea is flowing - gently rotate the rope similar to skipping to challenge pupils to jump through it.

Regularly rotate the pupils using the ropes.



Variations

- Pupils make shapes as they jump, e.g. in a tucked or a wide position.
- Encourage pupils to come up with their own theme and rope movements.
- Allow pupils to opt out of a jump if they so wish.

Equipment

Open playing area, rope



- Ensure pupils perform a soft landing with bent knees.
- 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 for distance for the next three weeks, measuring your longest jump regularly in your PE journal. Draw your results on a chart or graph.



i mbeirteanna • téad • léim • ag casadh • farraige • ag sníomh • íseal • ard • garbh



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GAMES



GYMNASTICS

Description of Activity

Invite pupils to stand in a space and start marching on the spot. Using an oversized deck of cards, the teacher turns over the cards one by one. Each card will signify an action for pupils to perform, and the number will signify how many of each exercise they do:

- Diamonds: Star Jump
- Hearts: Jump as high as possible
- Clubs: Jump as far as possible
- Spades: Touch the ground and jump in the air



Variations

- Vary the actions for each suit of cards and invite pupils to make suggestions.
- Joker cards can signify jog around the playing area.
- Picture cards can be left out of the deck, or can signify the number ten.
- Reduce the amount of activity required by only using two suits of cards, or using the lower numbered cards, e.g. one to seven.
- Speed up the process so that pupils really have to concentrate.

Equipment

An open playing area, deck of cards (oversized if possible)



- The teacher should select actions that encourage a variety of jumps.
- Ensure that every pupil has enough space to swing their arms and move forwards and backwards.
- Focus on the teaching points of jumping for height or distance when possible.



- In your PE journal, list some exercises that make you breathe harder. Write about why this happens, and why it is important to engage in physical activity every day.



ag mairseáil • cártaí imeartha • muileata • hart • triuf • spéireata • cleas na bacóide



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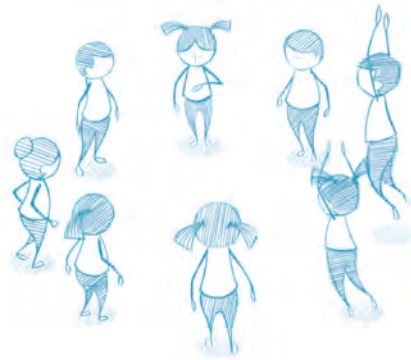
GAMES



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

HIGH JUMP LOW JUMP



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Description of Activity

Invite pupils to find their own space within the playing area. Use a set of coloured paper or cards prepared in advance to coordinate the activity. Explain to pupils that each coloured card represents an action. For example:

- Red - High jump with arms up
- Blue - Place hands on the floor and jump legs up off the ground
- Green - Turn around
- Yellow - Touch the ground
- Purple - Star jump
- Orange - Tuck jump
- Pink - Criss cross legs.

Invite pupils to begin by jogging slowly on the spot. When ready, hold up a coloured card (it may be useful to have coloured instruction cards pinned to the wall around the playing area). Invite pupils to perform that action once and continue jogging. Repeat using other colours, getting faster and faster as pupils become familiar with the colours.



Variations

- Use a number of cards at once and invite pupils to develop their own sequence of movements.
- Invite pupils to work with a partner to mirror their movements and develop a paired sequence.

Equipment

An open playing area, coloured cards



- Ensure pupils have enough space around them to perform each of the actions safely.
- Revisit today's teaching points through a number of different jumping actions to stress that good jumping technique is important regardless of the jump.



- In your PE journal, write a list of professions that require good jumping skills.



bogshodar • dathanna • dearg • gorm • glas • buí • corcra • oráiste • bándearg • léim



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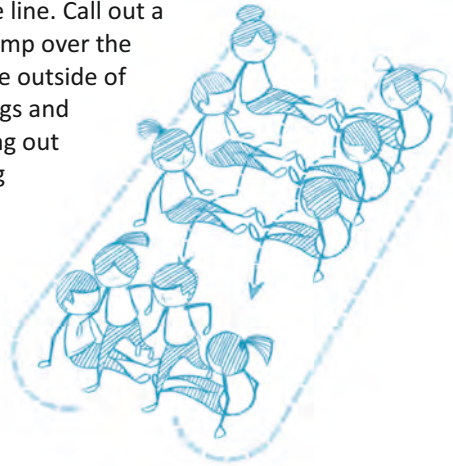
GAMES



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**



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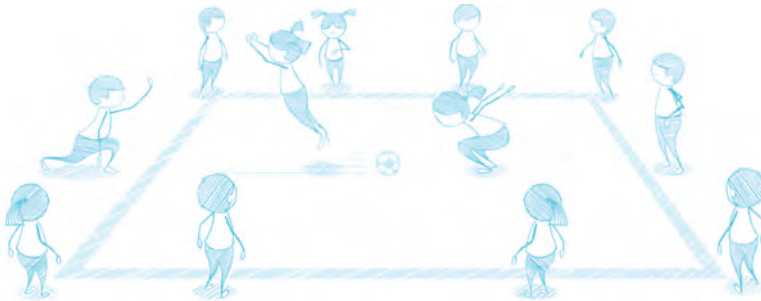
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Description of Activity

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.



dhá fhoireann • lastuigh • rith timpeall • lasmuigh • liathróid a rolladh • léim thar