

# CARDINAL JUMP TAG



ATHLETICS



DANCE



GYMNASTICS



OUTDOOR &  
ADVENTURE

## Description of Activity

Invite one pupil to be the tagger and invite the remaining pupils to spread out in a hall or large defined playing area. Place four cards (north, south, east and west) on each wall of the hall. The tagger positions themselves in the centre of the hall with eyes closed. Invite pupils to perform a jump with a turn in any direction, finishing in a direction of their choice with a motorbike landing. The tagger calls out a direction and then opens their eyes. Any pupil who has chosen the direction called is chased by the tagger. The first pupil caught becomes the new tagger.



## Variations

- Introduce northeast, northwest etc.
- If space is available, set up multiple games to increase activity levels.
- Invite pupils that are not running to hold the motorbike landing position or a balance of their choice.

## Equipment

An indoor hall or an open playing area, North, South, East, West laminated cards



- Use this activity as an opportunity to explore degrees and fractions.
- Integrate the activity with Geography lessons. Use counties or countries rather than north, south, east and west.
- Pause the activity at intervals to focus on the teaching points for landing 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 performing the landing action during the activity.



- Create an obstacle course in your home or garden to practise landing. Draw the course in your PE journal. Invite a friend or family member to complete the course with you.



- tóráí • na súile a dhúradh • scapaithe amach • léim le casadh • tuaisceart • gluaisrothar • bealaí éagsúla