



## Description of Activity

Arrange pupils in groups of six. For each group set out a circle using cones with a three metre diameter as a pond. Place coloured spot markers throughout the inside of the pond as stepping stones. Use the area to develop the following skills:

- Leap - Push off from one foot and land on the opposite foot.
- Hop - Take off and land on the same leg.
- Jump - Two feet take off and two footed landing.

Progress to a leap with a two footed landing (push off from one foot and land on two feet).

Challenge pupils to make it to the other side of the pond without spending more than three seconds on any one stepping stone.



## Variations

- Spread the spot markers further apart to challenge pupils.
- Link the colour of the spot markers to an action, e.g. balance on one foot, perform five jumping jacks, etc.
- If there is not enough room for multiple ponds, create a winding river to fit the available area.

## Equipment

An open playing area, spot markers, cones



- This activity assists in learning the landing skills necessary for long jump and triple jump.
- While this activity addresses jumping and hopping, focus should be placed on the teaching points of landing only.



- At home, measure how far you can jump. Ask a family member to help you.



téid scipeála • lochán • spotaí • clocháin • léim • preabadh • tuirlingt