



ATHLETICS



DANCE



GALES



GYMNASTICS

Description of Activity

Arrange pupils in pairs (A and B). Pupil A stands on a height, holds one hand high out in front of their body and just above head height of their partner. From a standing position, pupil B jumps vertically to touch their forehead to pupil A's hand and land correctly. Invite them to repeat from a crouched position. If successful, pupil A raises their hand up five centimetres and sets a new challenge for pupil B. Repeat until pupil B can no longer reach the hand. Switch roles.



Variations

- Stand pupil A on a lower object such as a bench or box.
- Invite pupils to work in threes with one pupil providing feedback on landing technique.

Equipment

An open playing area, a chair (or other elevated piece of equipment such as a bench or box) per pair of pupils



- Ensure there is adequate space between groups.
- Encourage pupils to jump beside and not towards the bench to ensure a safe landing.
- 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.



- Design a jumping and landing sequence. Draw it in your PE journal and practise with a friend at home or in the yard.



seasann • cathair • léim ingearach • cromtha síos • ar a mbarraicíní