



ATHLETICS



DANCE



GAMES



GYMNASTICS

## Description of Activity

Arrange pupils in pairs (horse and jockey) and invite them to find their own space in an open playing area. On a signal the pupils carry out the following movements:

- Under the bridge - the jockey crawls under the horse's body.
- Long way to town - the jockey jumps clockwise in a circle around the horse.
- Short way to town - the jockey jumps anti-clockwise around the horse.
- Trade your horse - all jockeys find a new partner.

Ensure partners regularly switch roles.



## Variations

- Invite pupils to create their own commands.
- Combine two or more pairs to work together.
- Introduce peer assessment sheets and invite the horse to assess the jockey's landing technique.

## Equipment

An open playing area



- Ensure there is adequate space between groups.
- 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.



- Draw a picture of correct landing technique in your PE journal and highlight some of the key teaching points of good technique.



ciorcal • capaill • na marcaigh • thar an gcláí • faoin ndroichead • bealach fada • bealach gearr • capall a thradáil • léim • tuathal • tuirlingt