



DANCE



GAMES



GYMNASTICS



OUTDOOR &
ADVENTURE

Description of Activity

Invite pupils to find a space in an open playing area ensuring that they are at least arm's distance apart. It may be useful to set up this activity with signs on the four walls of the hall denoting north, south, east and west. All pupils start by facing the teacher. When the teacher calls a command, pupils must jump and land accordingly. This is a useful cross curricular activity to revise directions in Geography or degrees in Maths. Some examples include, start facing north and jump:

- Clockwise to south
- Anticlockwise to west
- A half turn
- 90° to the left
- 270° anticlockwise (what direction am I now facing? etc.).



Variations

- Introduce the language of directions, e.g. southwest or northeast.
- Take the activity on the move. Invite pupils to move around the area. When a pupil hears a command they must jump and land the required distance regardless of the direction they were facing initially.

Equipment

An open playing area



- Ensure pupils are very well spread out as they can become disorientated when jumping.
- When addressing degrees introduce angles, e.g. jump a half circle, etc.
- Pause the activity at intervals to focus on the specific 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 while they perform the landing action during the activity.



- Practise Landing Around the Compass in the yard with your friends.



- scaipthe amach • tuaisceart • deisceart • oirthear • iarthar • léim • tuirlingt