



ATHLETICS



DANCE



GAMES

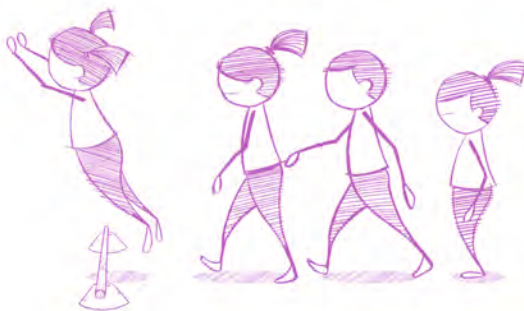


GYMNASTICS

## Description of Activity

Arrange pupils in groups of four. Set up the circuit as described with pupils rotating to a new station every two minutes.

- Station 1: Pupils vertically jump over a rod placed on small marker cones or a hurdle and land in a hoop.
- Station 2: Pupils climb onto a bench and jump vertically onto a mark on a mat. The landing should be in a 'motorbike' position.
- Station 3: Pupils devise a jumping pattern of vertical jumps and hops.
- Station 4: Pupils jump vertically to touch a suspended ball, soft toy, balloon or mark on a wall.
- Station 5: Pupils jump vertically ten times on a trampette (their hands touching a wall for support), then jump off to motorbike land on a mat.
- Station 6: Pupils skip with a rope and jump as high as possible. They push off the balls of their feet and extend their toes. Encourage pupils to try to keep a rhythm.
- Station 7: Pupils crouch to touch the seat of a chair behind them then jump vertically up to touch a wall in front.



## Variations

- Where possible set up a variety of activity options at each station to cater for mixed ability.
- Invite pupils to assess each other at some of the stations using a rubric.

## Equipment

An open playing area, mats, string, cones, rods, hoops, hurdles, skipping ropes, benches, chairs, trampette



- **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.**



- **Think about different ways to land safely. Is it always best to land on our feet? Draw three different landing techniques in your PE journal.**



- **stáisiúin • réamhaclaíocht • léim don airde • tuirlingt • bínse • gluaisrothar • patrún • scipeáil • crom síos**