



ATHLETICS



DANCE



GYMNASTICS

Description of Activity

Position suitable gymnastics equipment (low benches, boxes, mats, etc.) throughout the playing area. Invite three pupils to act as the chasers (aliens). The remaining pupils are the astronauts. When caught, an astronaut performs a jump off the nearest piece of equipment. The astronaut then becomes an alien. Astronauts may dock onto a space station (elevated area) and are safe from tagging for five seconds. However, if another astronaut lands on the same docking station they must perform a jump off and land safely. The teacher is the NASA worker and looks out for unsafe landings. Any astronaut that performs an unsafe landing must go to the NASA area for repairs (coned area at the side of the playing area). Pupils should perform five jumps for height in the repair area before returning to the activity.



Variations

- Ensure there are elevated areas of varying height to cater for mixed ability.
- Invite pupils to add a turn in their jumps.
- Adapt the activity in the repairs area to help pupils that are having difficulty by leaving a self assessment checklist there to fill out.

Equipment

An open playing area, mats, benches, boxes, cones



- Pin up landing cue cards around the playing area or hall.
- 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.



- Research the male and female World Record holders for the long jump. Write their names and descriptions in your PE journal. Draw a picture of their landing technique.



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