



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Arrange pupils in groups of five and set up a jumping lane using cones for each group. The jumping lane should consist of a five metre run up followed by a three metre landing zone. Pupils take it in turns to run along the five metre lane and jump as far as possible into the landing zone, landing on both feet. A spot marker is used to mark the distance each pupil jumps. Within the groups allocate each pupil a different colour cone. Challenge them to beat their best jump and to land correctly.



Variations

- Allow pupils to approach the jump in whichever way they feel comfortable.
- Make the activity a team challenge. Each group measures their distances using a measuring tape and combine their distances to compare with other groups.

Equipment

An open playing area, spot markers, cones



- Lengthen the landing zone and use this activity to introduce the triple jump.
- Use umpires to measure the distance of the jumps from the side of the landing zone.
- 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.



- Set up a jumping lane at home and practise landing with friends or family members.



I ngrúpaí • lána • zón tuirlingte • rith agús léim • spotaí • a mharcáil