



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Arrange pupils in groups of six with each group forming a circle. Select one pupil to be the detective who positions themselves in the centre of the circle. The detective closes their eyes while a leader is secretly chosen by the group. The leader begins to lead the class through a sequence of jumps. The leader attempts to change the jump regularly without being seen by the detective. The role of the detective is to figure out which pupil is leading the group. The detective has three chances to identify the leader. Select a new pupil to be the detective and the leader and play again.



Variations

- Instead of a circle, encourage the groups to move around the playing area.
- Add a turn into the jumps.
- Play the activity using half the class, with the other half assessing the jumping technique of a designated partner.
- Place a time limit on the detective and decrease it each time a leader is identified.

Equipment

An open playing area



- **Remind pupils of the five types of jumps on the PE curriculum.**
- **Pause the activity at intervals to focus on the specific teaching points for jumping 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 jumping action during the activity.**



- **In your PE journal, write down *What Went Well (WWW)* during this activity.**



bleachtaire • ceannaire • léim • ag déanamh aithris ar • cé hé/hí?



Description of Activity

Set out a large quantity of spot markers and hoops as islands for pupils to land on. Arrange pupils in groups of four and position them at one end of a defined playing area. Invite the first group to jump their way from island to island to the other end of the playing area. When the first group have completed the task, invite the second group to take a turn, and so on. Pupils should try to avoid landing in shark infested waters.



Variations

- If space allows, invite two groups of pupils to start from opposite ends to traverse the waters at the same time.
- To increase the difficulty reduce the number of islands.
- Restrict the type of jump pupils must perform, e.g. two feet to two feet, etc.

Equipment

An open playing area, spot markers or hoops



- For safety purposes ensure there can only be one pupil per island at any time.
- Remind pupils to look up before they jump.
- Pause the activity at intervals to focus on the specific teaching points for jumping 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 jumping action during the activity.



- Investigate the current world record for the long jump. Record it in your PE journal.



fonsaí • i líne • uimhreacha • gan seasamh ar an urlár • uisce lán de siorcanna



Description of Activity

Arrange pupils in small groups with a skipping rope per group. Pupils take turns skipping, while the other group members offer feedback on the specific jumping teaching point decided upon in advance by the teacher. Pupils then attempt the following challenges.

- Turn the rope forwards over your head and jump over the rope, trying to land on the same spot that you took off from.
- Jump your rope while moving forwards.
- Turn the rope backwards over your head and try jumping over it.
- Jump the rope using different types of jumps, e.g., two feet to two feet, one foot to the other foot, two feet to one foot, etc.



Variations

- Jump the rope with a partner - using one rope together (or two tied together), completing the activities as above.

Equipment

An open playing area, skipping ropes or general ropes



- Ensure there is adequate space between groups.
- Encourage the observing pupils to keep their distance from the jumper.
- Discuss with pupils the best place to observe from and what feedback to give.
- Explore positive and constructive terms to ensure the effectiveness of feedback.



- Skipping is a great way to improve fitness. Practise at home and see how many jumps you can do without stopping.



téad • beirt • aiseolas • teicníc • timpeall i gciortal • léim thar an téad



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DANCE



GYMNASTICS

Description of Activity

Arrange pupils in groups of six. Use cones to set out a circle as a pond for each group. Place spot markers throughout the inside of each pond as stepping stones. Invite pupils to move around the pond, jumping from spot to spot by using the following jumping techniques.

- Leap = push off from one foot and land on the opposite foot.
- Hop = take off and land on the same leg.
- Jump = two feet take-off, two feet landing.



Variations

- Use the different coloured spot markers to correspond to a variety of actions, e.g. balance on one foot, do five jumping jacks, etc.
- If space doesn't allow for multiple ponds, create a winding river for larger groups.
- Set a time limit for pupils to complete the task.

Equipment

An open playing area, spot markers, cones



- Encourage pupils to focus, and imagine a successful jump.
- While this activity addresses leaping and hopping, focus should be placed on the teaching points of jumping for distance only.



- Measure how far you can jump. Invite a family member to help.



lochán • téad scipeála • cóin • spotaí • clocha cora • léim • preabadh



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GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Pupils find a space within the playing area, standing on their own spot marker. The direction cards are placed on the four walls of the playing area to indicate directions. The teacher calls a variety of jumping commands for pupils to perform using the direction cards, e.g. jump west, then jump north, then run to the east wall.



Variations

- Introduce jump and rotate concepts, e.g. on your spot begin facing north, jump and rotate to land facing south.
- Arrange pupils in groups with one leader giving directions.
- Combine with another fundamental movement skill to move, e.g. jump twice to the north then hop to the western wall.

Equipment

An open playing area, A4 cards with the compass points North, South, East, West on each one, spot markers



- **Laminate the signs and use them in Outdoor and Adventure lessons.**
- **Pause the activity at intervals to focus on the teaching points for jumping 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 jumping action during the activity.**



- **In your PE journal, draw a picture of you jumping.**



teoracha • bealaí éagsúla • tuaisceart • deisceart • oirthear • iarthar • léim



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GYMNASTICS

Description of Activity

Invite pupils to find a space in the playing area while the music is playing. When the song (or teacher) says 'Twist' pupils must jump and rotate in the air, land safely and continue moving around. When the song (or teacher) says 'Shout' all pupils must jump up as high as they can in the air and shout as loud as they can.



Variations

- Invite pupils to alter the type of jump, e.g. two feet to two feet, or two feet to one foot, etc.
- Jump for distance rather than height.
- Vary the locomotor skill used, e.g. hop, skip, etc.

Equipment

An open playing area, music ('Twist and Shout' and 'Let's Twist Again' work well)



- Ensure pupils move at a safe speed and really focus on landing safely after they jump.
- Ensure the area is large enough for the group and that there are no obstacles or hazards.
- Encourage pupils to imagine they are wringing out a cloth as they rotate in the air.



- Practise this activity at home with a family member. Play music and create your own instructions.



ag bogadh timpeall • ceol ag seinnt • ag casadh • ag léim • ag béicíl



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DANCE



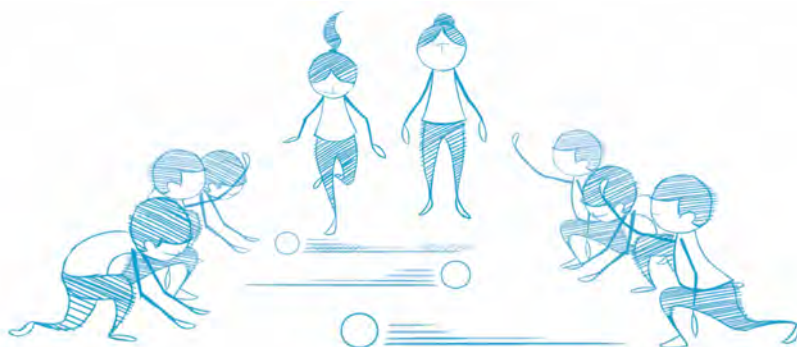
GAMES



GYMNASTICS

Description of Activity

Arrange pupils in pairs with a ball per pair. Pupils form two lines, five metres apart down the hall with one partner opposite the other. One pair of pupils (the frogs) wait at one end of the line. The rest of the pairs roll their ball forward and back to their partner. The frogs attempt to jump their way down the middle without getting tagged by the ball. Once they reach the other end, they join the line and a new pair of frogs attempt the challenge.



Variations

- Use a heavier, slower ball to decrease the difficulty level of the activity.
- Vary the distance between pairs.
- To increase activity levels, invite pupils to set up more lines of frogs.

Equipment

An open playing area, balls



- **Pause the activity at intervals to focus on the teaching points for jumping 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 jumping action during the activity.**



- **Create a jumping sequence and teach it to your friends in the yard.**



grúpaí móra • trasna óna chéile i dhá líne • frog • léim sa lár cos a leagan ar liathróid



ATHLETICS



GAMES



GYMNASTICS

Description of Activity

Arrange pupils in groups of four. Assign two groups to each station. Set up five stations as outlined below with two sets of equipment to facilitate two groups at each station. Pupils work on jumping for thirty seconds at each station with a thirty second break to move to the next station.

- 1. Long jump:** Pupils take turns jumping as far as they can from a starting position, and mark their landing point using a cone. Each time they take a turn, try to jump further than their cone.
- 2. Jump the snake:** Two pupils hold a skipping rope at either end and sit on the floor. They begin to wiggle the rope slowly so it looks like a snake (the rope always stays on the

floor). The other pupils take turns running and jumping over the wiggly snake.

- 3. Hopscotch:** Use chalk to draw a hopscotch grid. Pupils take turns to jump the hopscotch pattern.
- 4. Rope jumping - one long rope:** Begin by placing a long jump rope on the floor. Two pupils pick up the rope at either end and begin turning the rope. The other pupils take turns running through the twirling rope, trying not to be touched.
- 5. Jump over:** Place obstacles (cones, spot markers, hoops, etc) randomly throughout a five metre by five metre square. Invite pupils to move around the square jumping over the obstacles.



Variations

- Vary the focus from jumping for height to jumping for distance.
- Vary the time spent on task.
- Introduce additional jumping stations.

Equipment

An open playing area, spot markers, cones, long ropes, chalk, hoops



- Place a jumping cue card at each station.
- Pause the activity at intervals to focus on the specific teaching points for jumping 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 jumping action during the activity.



- In your PE journal, draw a picture of the station you enjoyed most.



staisiúin • léim fhada • léim thar an nathair • cleas na bacóide • léim thar téad • léim thar constaicé