



ATHLETICS



DANCE



GALES



GYMNASTICS

Description of Activity

Pupils move around the open area and follow directions called out by the teacher:

- Speed limit - walking
- Bumpy road ahead - skipping
- Narrow road ahead - side stepping
- School crossing - walk slowly
- Road construction - jump off the mats and perform a motorbike landing safely
- Flat tyre - hopping
- Out of gas - take a break.



Variations

- Pupils perform a sequence of jumps and safe landings.
- One pupil in a pair becomes the Garda and assesses the 'safe driving'.
- Invite pupils to jump backwards or sideways off the mats and land safely in the motorbike landing stance.

Equipment

An open playing area, gymnastics mats, hoops, bench



- A motorbike landing should be low and heels should stay flat on the floor after first contact.



- Practise the motorbike landing at home and show it to a member of your family.



- spás oscailte • treoracha a leanúint • luasteorainn • bóthar míchothrom • bóthar cúng • bealach trasnaithe scoile • bonn pollta • gás rite



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Use cones to set out a designated area and place lots of obstacles within this area, e.g. skipping ropes, cones, balls. Arrange pupils in pairs (A and B). Pupil A is the leader and pupil B must shadow the movements of pupil A. These movements could include any of the locomotor skills performed at a high or low level but focus should be placed on landing when jumping over different obstacles. Pupils will alternate jumping for distance and jumping for height focusing on their landing technique at all times. Reverse the roles of pupils.



Variations

- Vary the locomotor skill used to move around the area.
- Introduce balancing in between jumps.
- Work in groups of three with two pupils giving feedback to the third pupil on their landing technique.

Equipment

An open playing area, cones, skipping ropes



- Ensure there are enough obstacles to cater for a full class group and space to move between them.
- 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.



- In your PE journal, draw a picture of landing technique for a particular sport.



constaicí • i mbeirteanna • dalta a haon mar ceannaire • aithris a dhéanamh ar • scileanna féinghluaiseachta • tuirlingt



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Description of Activity

Each pupil takes a skipping rope. Invite pupils to find a space within the playing area and use their skipping ropes to make a shape such as a square, triangle or rectangle on the ground. Pupils jump from corner to corner and concentrate on good landing technique.



Variations

- Pupils can line their shapes up in sequence and jump each other's ropes.
- Encourage pupils to vary the types of jumps they do such as two to one foot, two to two feet, etc.
- Invite pupils to jump side to side over their ropes around the sides of the shapes.

Equipment

An open playing area, skipping ropes



- **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 while they perform the landing action during the activity.**
- Invite pupils to watch each other and engage them in discussion about good landing techniques.



- In your PE journal, draw a picture of you landing in the middle of the shape you made with the skipping rope.

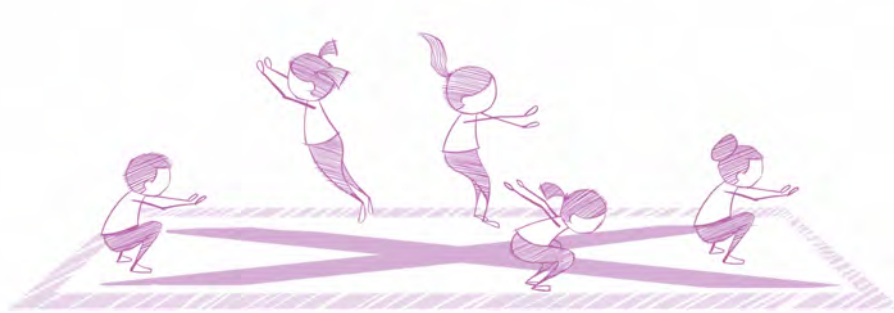


téid scipeála • cruthanna éagsúla • cearnóg • triantán • dronuilleog • ó choirnéal go coirnéal • teinic tuirlingthe



Description of Activity

Invite pupils to find a space within the playing area and mark a large X on the ground using chalk or skipping ropes. While the music plays invite pupils to perform a variety of jumps over the lines in the X. When the music stops, pupils must land in different directions so that legs land in different zones of the X.



Variations

- Invite pupils to create a jump sequence which the class replicate.
- Introduce a rule where pupils must perform a balance in the middle of the X as a rest.

Equipment

An open playing area, skipping ropes, chalk, music



- Song choices can affect the amount of jumps taken, e.g. a high tempo means more jumps.
- Encourage pupils to land on their toes and spring into the next jump.
- Encourage pupils to keep their heads up when landing.
- This activity can be very intense so allow a break or choose slow music.



- Play music at home and practise the different jumps until the song ends.



scaipigí amach • léim • slite éagsúla • deiseal • tuathal • ceol atá mall



Description of Activity

Scatter as many hoops and spot markers as possible around the playing area, close enough together so that pupils can jump from one to the other. Alternatively, use chalk or tape to mark a series of X's on the floor. Use cones to set out the boundary of the playing area. Select a pupil to be the tagger (croc). Pupils start from the cones around the boundary of the playing area and try to jump from marker to marker to get across to the cone on the other side. Pupils can be tagged when their feet are not on a marker. When tagged, pupils should return to their start point and try again.



Variations

- Vary the type of jumps pupils perform.
- Allow pupils to take a step between hoops if required for success.
- Increase the number of taggers in the activity.

Equipment

An open playing area, hoops, spot markers, chalk, foam balls, cones



- Choose some pupils to observe during the activity to assess how they are landing and if they are performing the jumps correctly.



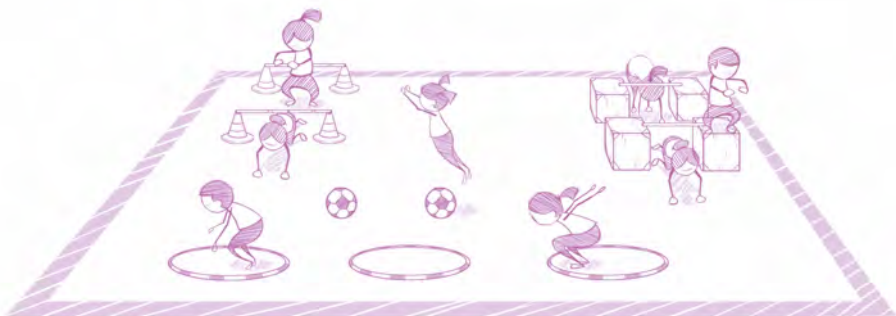
- Recreate an activity like this outside for your siblings or neighbours.



fonsaí • cóin ar an imeall • léim tríd na fonsaí • tóraí • crogall

Description of Activity

Place a variety of pieces of equipment around the playing area. Invite pupils to move around within the playing area. When the teacher calls out 'over', pupils jump over a piece of equipment and land with correct technique. When the teacher calls out 'under', pupils must crawl under a piece of equipment. When the teacher calls out 'Freeze', pupils must freely jump in the air and land by holding the landing for five seconds.



Variations

- Call out 'bunny hop' and allow pupils to hop around the area.
- Invite pupils to work with a partner to perform partner balances when the teacher calls 'freeze'.
- Restrict the types of jumps pupils do over the equipment, e.g. two feet to two feet, one foot to two feet, two feet to one foot.

Equipment

An open playing area, benches, chairs, hurdles, tunnel, small parachute, cones



- When traversing equipment, ensure pupils do so one at a time.
- 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 while they perform the landing action during the activity.



- In your PE journal, list three games that use landing. Invite a family member to help you and show them your landing technique.



thar • faoi • reoigh • tuirlingt • cothromaíocht

Description of Activity

Arrange the pupils in groups of four (A, B, C and D). Draw a small square grid containing nine boxes for each group on the ground with chalk. Write the numbers one to nine in the boxes. Pupil A begins by listing a sequence of named squares onto which pupil B must jump. Limit the sequence to four jumps which may be performed forwards, backwards or in a sideways direction. Focus on landing properly after each jump. Once pupil B has finished the sequence, pupil B then lists a sequence for pupil C and so on.



Variations

- Identify one or more jumps to practise in particular.
- To challenge pupils, do not permit the use of adjoining boxes in the sequence.
- Encourage pupils to practise a variety of different jumps, e.g. one foot to two feet jumps, two feet to one foot, etc.

Equipment

An outdoor playing area, chalk



- Encourage the pupils to use short sequences.
- 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 while they perform the landing action during the activity.



- Try this activity at home using some chalk. Ensure you have permission from a grown-up before you use chalk on the ground.



greille 3x3 • uimhreacha a scríobh sna boscaí • léim • bealaí éagsúla • seicheamh • teicníc ceart • tuirlingt



ATHLETICS



GAMES



GYMNASTICS

Description of Activity

Place spot markers randomly throughout the playing area with a landing card at each marker. Pupils move around the area using a locomotor skill or animal walk while the music is playing. When the music stops, pupils go to a spot and perform a jump, making sure to land according to the instructions on the card.

Suggestions for landing cards:

Land on two feet, land on your right foot, land on your left foot, jump of both feet and land on both feet, jump off left foot and land on both feet, jump off both feet and land on right foot, jump off both feet and land on left foot.



Variations

- Vary the locomotor skill used to move around the area, e.g. hopping or skipping.
- Introduce sequences by placing more than one card at each spot.
- Invite pupils to create and perform their own sequences.

Equipment

An open playing area, laminated landing cards, spot markers



- **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 while they perform the landing action during the activity.**



- **Make your own landing cards at home and practise with a friend or family member.**



- **cártaí • spotaí • scileanna féinghluaiseachta • léim • dhá chos go dhá chos • seicheamh**