



ATHLETICS



DANCE



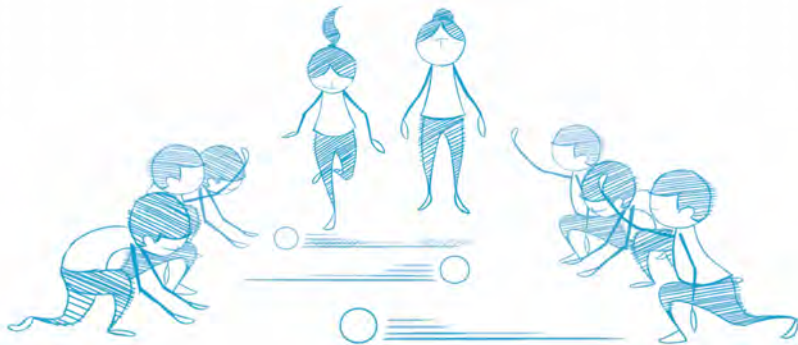
GAMES



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