



ATHLETICS



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.



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