



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.



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