



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.



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