



ATHLETICS



DANCE



GYMNASTICS

## Description of Activity

Invite pupils to find a space in the playing area while the music is playing. When the song (or teacher) says 'Twist' pupils must jump and rotate in the air, land safely and continue moving around. When the song (or teacher) says 'Shout' all pupils must jump up as high as they can in the air and shout as loud as they can.



## Variations

- Invite pupils to alter the type of jump, e.g. two feet to two feet, or two feet to one foot, etc.
- Jump for distance rather than height.
- Vary the locomotor skill used, e.g. hop, skip, etc.

## Equipment

An open playing area, music ('Twist and Shout' and 'Let's Twist Again' work well)



- Ensure pupils move at a safe speed and really focus on landing safely after they jump.
- Ensure the area is large enough for the group and that there are no obstacles or hazards.
- Encourage pupils to imagine they are wringing out a cloth as they rotate in the air.



- Practise this activity at home with a family member. Play music and create your own instructions.



ag bogadh timpeall • ceol ag seinnt • ag casadh • ag léim • ag béicíl