



ATHLETICS



DANCE



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Pupils find a space within the playing area, standing on their own spot marker. The direction cards are placed on the four walls of the playing area to indicate directions. The teacher calls a variety of jumping commands for pupils to perform using the direction cards, e.g. jump west, then jump north, then run to the east wall.



Variations

- Introduce jump and rotate concepts, e.g. on your spot begin facing north, jump and rotate to land facing south.
- Arrange pupils in groups with one leader giving directions.
- Combine with another fundamental movement skill to move, e.g. jump twice to the north then hop to the western wall.

Equipment

An open playing area, A4 cards with the compass points North, South, East, West on each one, spot markers



- **Laminate the signs and use them in Outdoor and Adventure lessons.**
- **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.**



- **In your PE journal, draw a picture of you jumping.**



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