



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Use cones to set out a designated area and place lots of obstacles within this area, e.g. skipping ropes, cones, balls. Arrange pupils in pairs (A and B). Pupil A is the leader and pupil B must shadow the movements of pupil A. These movements could include any of the locomotor skills performed at a high or low level but focus should be placed on landing when jumping over different obstacles. Pupils will alternate jumping for distance and jumping for height focusing on their landing technique at all times. Reverse the roles of pupils.



Variations

- Vary the locomotor skill used to move around the area.
- Introduce balancing in between jumps.
- Work in groups of three with two pupils giving feedback to the third pupil on their landing technique.

Equipment

An open playing area, cones, skipping ropes



- Ensure there are enough obstacles to cater for a full class group and space to move between them.
- Pause the activity at intervals to focus on the specific teaching points for landing 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 landing action during the activity.



- In your PE journal, draw a picture of landing technique for a particular sport.



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