



ATHLETICS



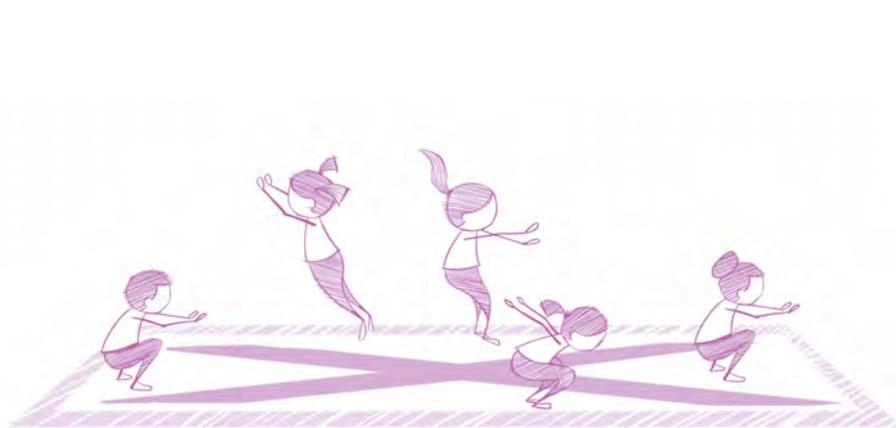
DANCE



GAMES

Description of Activity

Invite pupils to find a space within the playing area and mark a large X on the ground using chalk or skipping ropes. While the music plays invite pupils to perform a variety of jumps over the lines in the X. When the music stops, pupils must land in different directions so that legs land in different zones of the X.



Variations

- Invite pupils to create a jump sequence which the class replicate.
- Introduce a rule where pupils must perform a balance in the middle of the X as a rest.

Equipment

An open playing area, skipping ropes, chalk, music



- Song choices can affect the amount of jumps taken, e.g. a high tempo means more jumps.
- Encourage pupils to land on their toes and spring into the next jump.
- Encourage pupils to keep their heads up when landing.
- This activity can be very intense so allow a break or choose slow music.



- Play music at home and practise the different jumps until the song ends.



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