



ATHLETICS



GAMES



GYMNASTICS

Description of Activity

Place spot markers randomly throughout the playing area with a landing card at each marker. Pupils move around the area using a locomotor skill or animal walk while the music is playing. When the music stops, pupils go to a spot and perform a jump, making sure to land according to the instructions on the card.

Suggestions for landing cards:

Land on two feet, land on your right foot, land on your left foot, jump of both feet and land on both feet, jump off left foot and land on both feet, jump off both feet and land on right foot, jump off both feet and land on left foot.



Variations

- Vary the locomotor skill used to move around the area, e.g. hopping or skipping.
- Introduce sequences by placing more than one card at each spot.
- Invite pupils to create and perform their own sequences.

Equipment

An open playing area, laminated landing cards, spot markers



- **Pause the activity at intervals to focus on the 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.**



- **Make your own landing cards at home and practise with a friend or family member.**



cártaí • spotaí • scileanna féinghluaiseachta • léim • dhá chos go dhá chos • seicheamh