

Description of Activity

Arrange the pupils in groups of four (A, B, C and D). Draw a small square grid containing nine boxes for each group on the ground with chalk. Write the numbers one to nine in the boxes. Pupil A begins by listing a sequence of named squares onto which pupil B must jump. Limit the sequence to four jumps which may be performed forwards, backwards or in a sideways direction. Focus on landing properly after each jump. Once pupil B has finished the sequence, pupil B then lists a sequence for pupil C and so on.



Variations

- Identify one or more jumps to practise in particular.
- To challenge pupils, do not permit the use of adjoining boxes in the sequence.
- Encourage pupils to practise a variety of different jumps, e.g. one foot to two feet jumps, two feet to one foot, etc.

Equipment

An outdoor playing area, chalk



- Encourage the pupils to use short sequences.
- 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.



- Try this activity at home using some chalk. Ensure you have permission from a grown-up before you use chalk on the ground.



greille 3x3 • uimhreacha a scríobh sna boscaí • léim • bealaí éagsúla • seicheamh • teicníc ceart • turlingt