

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.

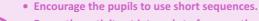


Variations

- 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





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 • tuirlingt