MOTORBIKE LANDING







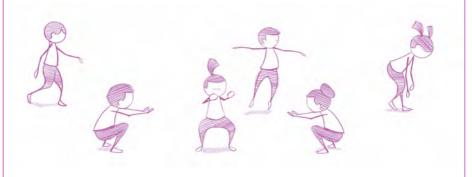




Description of Activity

Pupils move around the open area and follow directions called out by the teacher:

- Speed limit walking
- Bumpy road ahead skipping
- Narrow road ahead side stepping
- School crossing walk slowly
- Road construction jump off the mats and perform a motorbike landing safely
- Flat tyre hopping
- Out of gas take a break.



Variations

- Pupils perform a sequence of jumps and safe landings.
- One pupil in a pair becomes the Garda and assesses the 'safe driving'.
- Invite pupils to jump backwards or sidewards off the mats and land safely in the motorbike landing stance.

Equipment

An open playing area, gymnastics mats, hoops, bench



• A motorbike landing should be low and heels should stay flat on the floor after first contact.



Practise the motorbike landing at home and show it to a member of your family.



spás oscailte • treoracha a leanúint • luasteorainn • bóthar míchothrom • bóthar cúng • bealach trasnaithe scoile • bonn pollta • gás rite

(S) LANDING

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