



ATHLETICS



DANCE



GAMES



GYMNASTICS

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 sideways 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