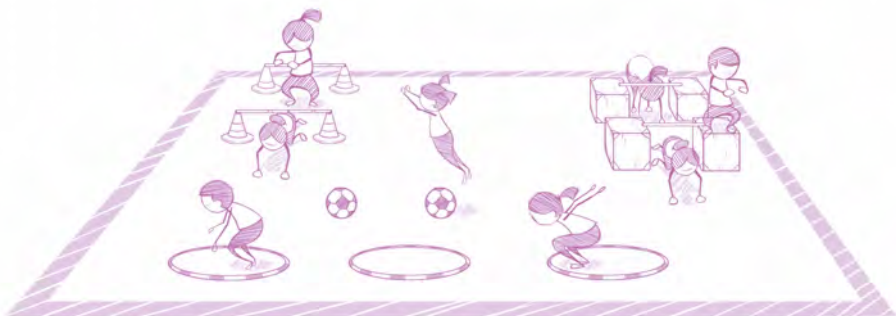


Description of Activity

Place a variety of pieces of equipment around the playing area. Invite pupils to move around within the playing area. When the teacher calls out 'over', pupils jump over a piece of equipment and land with correct technique. When the teacher calls out 'under', pupils must crawl under a piece of equipment. When the teacher calls out 'Freeze', pupils must freely jump in the air and land by holding the landing for five seconds.



Variations

- Call out 'bunny hop' and allow pupils to hop around the area.
- Invite pupils to work with a partner to perform partner balances when the teacher calls 'freeze'.
- Restrict the types of jumps pupils do over the equipment, e.g. two feet to two feet, one foot to two feet, two feet to one foot.

Equipment

An open playing area, benches, chairs, hurdles, tunnel, small parachute, cones



- When traversing equipment, ensure pupils do so one at a time.
- 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.



- In your PE journal, list three games that use landing. Invite a family member to help you and show them your landing technique.



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