



ATHLETICS



DANCE



GAMES



GYMNASTICS

## Description of Activity

Each pupil takes a skipping rope. Invite pupils to find a space within the playing area and use their skipping ropes to make a shape such as a square, triangle or rectangle on the ground. Pupils jump from corner to corner and concentrate on good landing technique.



## Variations

- Pupils can line their shapes up in sequence and jump each other's ropes.
- Encourage pupils to vary the types of jumps they do such as two to one foot, two to two feet, etc.
- Invite pupils to jump side to side over their ropes around the sides of the shapes.

## Equipment

An open playing area, skipping ropes



- **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.**
- Invite pupils to watch each other and engage them in discussion about good landing techniques.



- In your PE journal, draw a picture of you landing in the middle of the shape you made with the skipping rope.



téid sipeála • cruthanna éagsúla • cearnóg • triantán • dronuilleog • ó choirnéal go coirnéal • teinic tuirlingthe