

Introduction

The ability to **land** safely is a hugely important fundamental movement skill. We use landing in a wide range of activities, from jumping off the bed, jumping to catch a ball in Gaelic football or vaulting in gymnastics. It is important to know how to land correctly during the skill of jumping.



Each activity A, B and C below is accompanied by a video clip. Click on the  links below, scan the QR code using your mobile device, or visit www.scoilnet.ie/pdst/physlit to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

Home Activity A

Land with feet wide apart.
Hold the balance for three seconds.

 [Click here for video](#)

Home Activity B

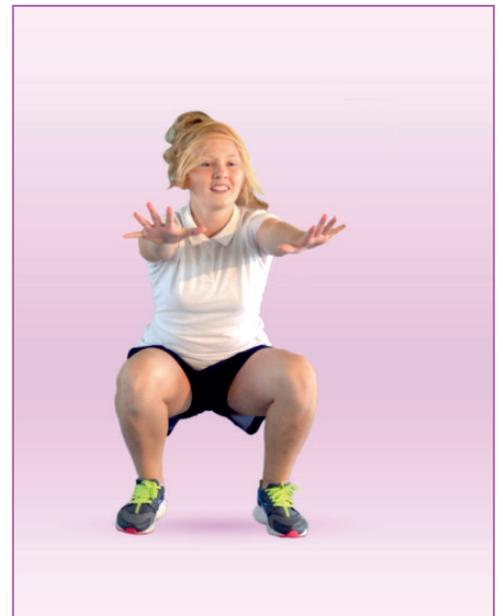
Bend knees and land on toes, ball, then heel.

 [Click here for video](#)

Home Activity C

Keep head stable and eyes looking forward.
Stretch arms out in front to hold the balance.

 [Click here for video](#)



Landing

Click [here](#) to see a video of this fundamental movement skill

Click [here](#) to download a poster for this skill



 [Scan here for video](#)

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Home Activity A

<p>Warm Up</p>	<p>Bumpy Road Pupils pretend to travel on bumpy road to warm up; Speed Limit = Walking Bumpy Road = Skipping Narrow Road = Side Stepping Potholes = Jump & Land Flat tyre = Hopping</p>						
<p>FMS Focus</p>	<p>Today when landing focus on...</p> <table border="1" data-bbox="256 600 1536 857"> <tr> <td data-bbox="256 600 687 857"> <p>Land with feet wide apart</p> </td> <td data-bbox="692 600 895 857">  </td> <td data-bbox="900 600 1331 857"> <p>Hold the balance for three seconds</p> </td> <td data-bbox="1335 600 1536 857">  </td> </tr> </table>			<p>Land with feet wide apart</p>		<p>Hold the balance for three seconds</p>	
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<p>Landing Practise</p>	<p>Jump, Land Like Me</p> <p>Description of Activity Arrange the pupils in small groups and give each group six spot markers (or hoops). Each group lines up behind the first spot, and the remaining spots are placed in a straight, curved or zig-zag line in front of the group. Invite one pupil in each group to be the leader. The remaining pupils follow the leader as they perform a sequence of jumps across the spots. Pupils can select two feet jumps, hops, one-to-two feet jumps or two-to-one feet jumps. The last jump should be a jump for height with a stable landing.</p>  <p>Variations:</p> <ul style="list-style-type: none"> • Set up a number of different points using household items eg teddy bear or cartons, cardboard boxes • Perform and practise a number of the following jumps and lands... Jump from 1 foot to 2 feet • Skip one, jump and land • Jump, turn and land • Which is the most difficult jump to land from? Can you hold the landing for 3 seconds? 						
<p>Home Challenge</p>	<p>Design a jumping and landing sequence. Sequence could include:</p> <ul style="list-style-type: none"> • 1 & 2 footed jumps & landings • lateral jumps and landings • Hops • Different travel movements 						
<p>PE Journal</p>	<p>In your PE journal, draw a jumping and landing sequence. Teach it to a friend or family member.</p>						



▶ [Scan here for video](#)



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Home Activity B

<p>Warm Up</p>	<p>Raised Surface Jumping & Landing</p> <ul style="list-style-type: none"> • Find a safe and stable raised surface • Jump from raised surface to ground • Jump from ground to raised surface • Land on one & two feet • Jump, spin 90, 180, 270, 360 degrees and land 		
<p>FMS Focus</p>	<p>Today when landing focus on...</p> <p>Bend knees and land on toes, ball, then heel</p> <div style="display: flex; justify-content: space-around;">  <div style="border: 1px solid black; width: 100px; height: 100px;"></div> <div style="border: 1px solid black; width: 100px; height: 100px;"></div> </div>		
<p>Landing Practise</p>	<p>Rope Shape and Jump</p> <p>Description of Activity</p> <p>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.</p> <div style="text-align: center;">  </div> <p>Variations:</p> <ul style="list-style-type: none"> • Use chalk, ribbon, scarf, clothing if no skipping rope • Start and finish at different points of the shape • For more challenge try to jump over and across the skipping rope • Can you make your initials with the ropes and follow the jumps • Get a friend to copy your landing pattern 		
<p>Home Challenge</p>	<p>Landing Challenge</p> <p>Invite a family member to observe your landing. Complete at least 5 high jumps and 5 long jumps. Look out for bending knees (imagine sitting on a stool) and land on toes, ball then heel (land quiet as a mouse). How far or how high can you jump and land correctly?</p>		
<p>PE Journal</p>	<p>Record the length or height of the jump you completed with the best landing technique. Draw a picture of that landing technique.</p>		



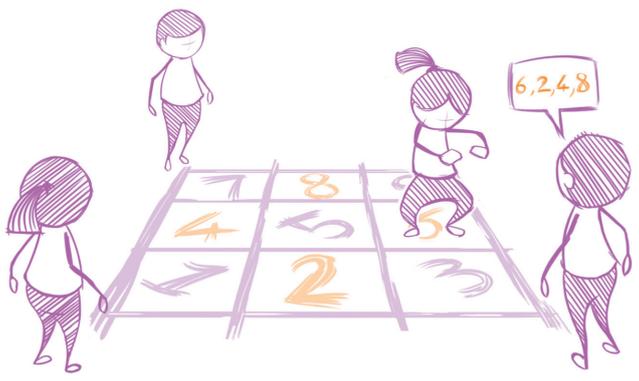
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Home Activity C

<p>Warm Up</p>	<p>Use a ball, balloon or carton or other suitable catching object;</p> <ul style="list-style-type: none"> • Hold object out in front and perform a number of jumps and landings • Jump to catch at highest point and land - hold landing for 3 seconds • place object between feet, lift object up, jump and land • Bounce the ball, jump, land and catch low to the ground 						
<p>FMS Focus</p>	<p>Today when landing focus on...</p> <table border="1" data-bbox="252 629 1543 891"> <tr> <td data-bbox="252 629 687 891"> <p>Keep head stable and eyes looking forward</p> </td> <td data-bbox="687 629 895 891">  </td> <td data-bbox="895 629 1331 891"> <p>Stretch arms out in front to hold the balance</p> </td> <td data-bbox="1331 629 1543 891">  </td> </tr> </table>			<p>Keep head stable and eyes looking forward</p>		<p>Stretch arms out in front to hold the balance</p>	
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<p>Landing Practise</p>	<p>Memory Mats</p> <p>Description of Activity</p> <p>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.</p>  <p>Variations:</p> <ul style="list-style-type: none"> • Use post its, playing cards or numbered paper instead of chalk • If playing on your own, perform a sequence and see if you can repeat that sequence. Alternatively prior to playing, write a number of sequences and perform them. Eg. 1,3,4,7. • Perform a sequence that adds up to a number 						
<p>Home Challenge</p>	<p>The Pillow Challenge:</p> <p>Complete 5 jumping jacks, then jump over a pillow and land properly, flip the pillow and repeat. How many lands can you do in 30 seconds/ 1 minute?</p> <p>Next round choose a different activity e.g touch the ground 5 times, hop on one foot, do a balance for 5 seconds, skip with a skipping rope x 5 skips</p>						
<p>PE Journal</p>	<p>When and where do you land? In your PE journal list at least 5 times or places when you use the skill of landing. These could be games, sports or everyday activities.</p>						



▶ [Scan here for video](#)



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