

Event Explainer - Landing / Tuirlingt

Landing

The ability to land safely is a hugely important fundamental movement skill. As one of the three phases of jumping, landing should always be taught first to ensure children return safely to the ground without injury. The skill involves absorbing force over a large area, usually the legs or hands for a prolonged period of time. This force should be absorbed over as large an area or distance as possible with the joints bending to absorb the force. We use landing in a wide range of activities, jumping to catch a ball in gaelic football, vaulting in gymnastics or from jumping off the bed. The activities used are from the Move Well Move Often booklets. Please click below.



[Physical Literacy](#)

Activity 1 - Jack be Nimble

(Seánín Sciobtha - Gluais go maith, Gluais go minic - Leabhar 1 lth. 134)

Arrange the children in pairs and scatter the cones randomly around the playing area. Pupil A chants the rhyme below for pupil B who must jump off two feet over the cone (the candlestick) and attempt to land safely on the other side of the cone. Pupil B should jump over three cones while pupil A is saying the rhyme: 'Jack be nimble, Jack be quick, Jack don't land on the candlestick'. After pupil B has completed three jumps and three landings, swap roles and play again. (REF - PDST MWMO Book 1)



Activity 2 - Jockeys up (Marcaigh in Airde - Gluais go maith, Gluais go minic - Leabhar 3 lth. 119)

Arrange children in pairs (horse and jockey) and invite them to find their own space in an open playing area. On a signal the children carry out the following movements:

- Under the bridge - the jockey crawls under the horse's body.
- Long way to town - the jockey jumps clockwise in a circle around the horse.
- Short way to town - the jockey jumps an-clockwise around the horse.
- Trade your horse - all jockeys find a new partner. Ensure partners regularly switch roles.



(REF - PDST MWMO Book 3)

Activity 3 - England, Ireland, Scotland, Wales

Arrange the children in 3's. The 2 children on the outside have the elastics/skipping rope wrapped around their ankles to start. All the children chant the rhyme;

"England, Ireland, Scotland, Wales. Inside, Outside, on the rails". The children follow the routine as per the accompanying video. If the pupil is successful at the ankles, the elastics get moved up to the knees and then the hips. If children are working solo, they could wrap the elastics around some chairs, a washing line, parents or older siblings' legs.



(photo Ref - Pinterest.com)

It is possible to increase or decrease the level of challenge in any task using STEP. Increase or decrease the space or distance, amend the task, change the equipment or add involve or change the people playing the game.



Links to youtube videos

<https://youtu.be/nlViOJhowc> Jack be Nimble

<https://youtu.be/d2EhxsozHsk> England Ireland Scotland Wales