



## Description of Activity

Arrange pupils in groups of four. Each group lines up behind a hoop at one end of the hall. Place a large variety of equipment (beanbags, balls, etc) at the other side of the playing area. On a signal, the first pupil in each group must run out, select any piece of equipment from the opposite end of the playing area, and return to their group. Only when they have placed their piece of equipment softly into their hoop can the next pupil run to retrieve another piece. The team with the most items at the end of the activity wins.



## Variations

- Call out specific colours of equipment so the pupils can practise identifying the colours.
- Vary the locomotor skill used to retrieve the equipment, e.g. run, hop, skip, jump, side step etc.
- Arrange the pupils into four groups and place one group in each corner of the playing area. Place the equipment in the centre of the playing area. Once the equipment has been retrieved from the centre, pupils may steal equipment from other groups hoops.

## Equipment

An open playing area, a variety of PE equipment including hoops, beanbags, balls of various sizes, rackets etc.



- Ensure that there are enough pieces of equipment for each pupil to retrieve at least one item and ensure the equipment is spaced out to reduce the possibility of pupils colliding.
- Pause the activity at intervals to focus on the specific teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise individually and then return to the activity. Provide feedback to individuals when they demonstrate correct running technique during the activity.



- Practise running at home in your garden or in a safe space in your house. Teach the correct technique to someone who lives with you.



- spás oscailte • conas a ghluaiseann an t-ainmhí? • bunscoilleana gluaiseachta • nathair • moncaí • eilifint • sioraf • frog • séabra • siota • coinín • leon