

Description of Activity

Arrange the pupils in groups of five. Set out a line of three or four hoops as far apart as space allows for each group. On a signal, the first pupil in each line must run to the first hoop, stand in it, lift it up over their head, return the hoop to the ground and then return to base to tag the next pupil in line. When all the pupils in the group have completed the first activity with the first hoop, they must now run out to the first hoop, complete the activity, then run out to the second hoop, complete the activity, and return to their group. For their third turn, they will have to run out to each of the three hoops before returning to the group.



Variations

- Alter the number of hoops or increase the distance between the hoops.
- Position the hoops in a zig zag layout to incorporate a change of direction.

Equipment

An open playing area, hoops, cones



- Ensure pupils are wearing correct footwear as they will be moving at a fast pace.
- Encourage pupils to place the hoops on the ground gently as someone in their group will be using that hoop after them.
- 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.



- Watch other pupils running in the yard. Remember who runs well.



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