



ATHLETICS



GALES

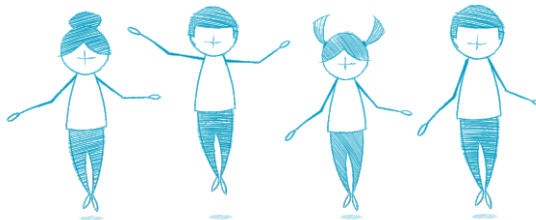


GYMNASTICS

Description of Activity

Pupils find a space in the playing area. Invite pupils to practise hopping in a variety of different ways, using the following prompts:

- Hop on the spot, forwards, backwards, sideways
- Turn in the air and land with knees bent
- Hop as quietly/noisily/quickly/slowly as possible - alternating hard and soft landings
- Hop over a rope
- Hop on and off a movement spot
- Hop around the cones
- Hop at different levels - as high as you can, with little low hops or at a medium height
- Hop as far as you can for distance
- Practise hopping with a partner, mirroring their hops



Variations

- Arrange pupils in groups or pairs and invite them to explore a range of different hops. Design a hopping sequence and perform it for the rest of the group.
- Scatter PE equipment (cones, hoops, ropes, beanbags etc) around the playing area and invite pupils to hop around the space, hopping over each item they encounter on their way.

Equipment

Ropes, hoops, spot markers, cones,



- **Remind pupils to land safely with a bended knee on the landing leg.**
- **Hopping can be a strenuous activity so pause at intervals to allow pupils to stretch. Remind pupils to alternate the hopping leg when they get tired. Alternatively, intersperse instructions for hopping activities with instructions for other locomotor skills such as running, skipping, jumping etc.**
- **Pause the activity at intervals to focus on the technique of hopping. Discuss some of the teaching points for hopping, invite a pupil to demonstrate the technique and then return to the activity.**



- **Practise hopping on one leg. Figure out how many hops you can do on this leg without stopping.**



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