



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Arrange pupils in groups of three. Allow pupils to select a range of equipment, for example, a skipping rope and a few cones. Using their equipment, each group creates a maze on the floor that involves a hopping and jumping challenge. Once all of the groups have finished, children circulate to each group to try the different mazes.



Variations

- Restrict pupils to hopping on left foot etc.
- Introduce a timed element or have pupils assess each other as they navigate the maze.
- Include other locomotor skills in the maze challenge.

Equipment

Ropes, spot markers, cones, benches, masking tape



- Remind pupils of safe landing technique.
- At intervals, pause the activity and discuss the teaching points of hopping. Allow pupils to practise in isolation, and then return to the activity.



- Watch a friend hopping. Tell them what they are doing well.



grúpaí de bheirt nó de thriúr • treallamh a roghnú • téad scipeála • lúbra eile a thriail • ag preabadh ar chos amháin