



Description of Activity

Arrange pupils in teams of four, each team has a cone. All teams line up behind a starting line in the playing area. The first pupil in each team stands on the starting line and takes three hops as far as they can. The second pupil places the cone on the ground where the first pupil landed. The entire remaining team walk to the cone and the second pupil takes three hops as far as they can. The cone is moved forward again to where the pupil landed after taking the three hops. The process continues until all team members have hopped, or until all teams have crossed a finish line at the end of the playing area.



Variations

- Alter the number of hops each pupil can take. Consider starting with one hop each, then two on the second turn, and then three etc.

Equipment

An open playing area, cones



- **Pause the activity at intervals to remind pupils of the teaching points for hopping. Consider allowing them to practise in isolation and then return to the game.**



- **Make up your own hopping game. Teach a friend how to play the game in the yard.**



- **líne tosaigh • ag preabadh • siúlann an foireann go dtí an spota • rás sealaíochta**