

Description of Activity

Arrange pupils in a circle, with a spot marker or hoop for each pupil. Invite pupils to skip around the circle, keeping a safe distance away from the pupil in front of them. It might be useful to use music to encourage pupils to move to the beat and develop rhythm when skipping. On a signal, or when the music stops, pupils must stand on a spot marker or jump into a hoop as quickly as possible. Each time the game continues, remove some spots or hoops from the circle, so that some pupils end up without one. Any pupil that does not have a spot or hoop must skip around the playing area before joining the next game.



Variations

- Allow a certain number of pupils per hoop e.g. three. Any group that does not have this number when the music stops must skip around the playing area before joining the next game.
- Alternate the locomotor skilled used to travel around the circle.

Equipment

Spot markers or hoops



- Ensure pupils enter hoops safely, and demonstrate good practise. In the case of a tie, the first pupil to touch the ground inside the hoop can claim it. Any disputes could be settled by rock, paper, scissors.



- In your PE journal draw a game that involves skipping.



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