



ATHLETICS



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

To set up the game, spread out as many hoops (houses) as possible around the playing area, however ensure that there is less than one per pupil. Invite the pupils to adopt the role of mice and to find a space anywhere within the playing area. On a signal (play music, beat a drum) pupils must begin skipping around the area avoiding the hoops. When the music/drum stops pupils must find a hoop and step into it as quickly as possible. After each pause remove a hoop. As the game progresses there will be more and more pupils sharing a hoop when the music starts. See how many pupils can fit in each hoop.



Variations

- Alternate the locomotor skill used e.g. running or side stepping.
- Ask pupils to do individual balances and eventually partner and group balances in the hoops when the music stops.

Equipment

An open playing area, hoops



- At various stages during the activity discuss today's teaching points (usually two) of skipping with the pupils. Invite a pupil to demonstrate good technique, practise in pairs, then return to the game.
- To avoid pupils gathering in the same groups set a rule that pupils must find a new hoop each time, and no three pupils can be in the same hoop for two turns in a row.



- Ask somebody at home to skip for you. Give them feedback.



tithe • fonsa a bhaint • drumma a sheinnt • níos mó daltaí