



ATHLETICS



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Arrange pupils in groups of five. Set out a large playing area approximately twenty metres long with a hoop per group at either end. Each hoop contains four beanbags. All pupils must start behind their hoop. The aim of activity is for the first pupil to skip to the hoop of an opposing group, take a beanbag, skip back with it and place it in their own hoop. Once the beanbag hits the ground in their own hoop the next pupil can go. The first group to have six beanbags in their hoop wins.



Variations

- Change the locomotor skill used, e.g. use running or side stepping.
- Add obstacles in the area to skip over or avoid.
- Place balls in the hoops and use the activity to explore manipulative skills. Invite pupils to skip to the hoop and dribble or kick the ball back.

Equipment

An open playing area, hoops, beanbags



- Ensure groups are balanced and fair. Move groups around to different hoops from time to time.
- Pupils can only remove one beanbag at a time, and groups must remove a beanbag from alternate hoops. Pupils cannot return to the same hoop twice.
- Ensure that there is enough space for each group to work in and that there is adequate space to turn at the hoop.
- Between each game discuss the teaching points of skipping being addressed in the class. Ask pupils to demonstrate, allow them to practise in isolation then return to the game.



- Play a skipping game in the yard.



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