



ATHLETICS



DANCE



GYMNASTICS

## Description of Activity

Invite pupils to practise marching on the spot for a count of eight. Change the locomotor skill for each count, or turn to face another direction. When the pupils are comfortable moving to the count of eight, invite them to perform the following sequence:

- Hop forward on the right leg, clap on the eighth beat.
- Hop back the left leg, clap on the eighth beat.
- Hop on either leg but rotate 90°(quarter turn) every second beat.
- Hop forward for four beats, hop backwards for four beats.

Repeat from the beginning. Once pupils are comfortable with the sequence, introduce music and dance to the beat. Invite them to add their own movements.



## Variations

- Make the sequence of movements shorter and more repetitive.
- Invite pupils to create their own sequence of movements, or to add their own movements the second time around.
- In pairs, invite pupils to create their own hopping dance.
- Use other locomotor skills such as jumping, skipping, dodging, and sliding.

## Equipment

An open playing area, music



- Ensure pupils have enough space to perform the sequence.
- Start using music with a slow and steady beat before speeding it up if the pupils are able.



- Create a four part hopping sequence to your favourite pop song.



mairseáil • scileanna féinghluaiseachta • cos dheas • cos chl é • bualadh bos • rothlú