

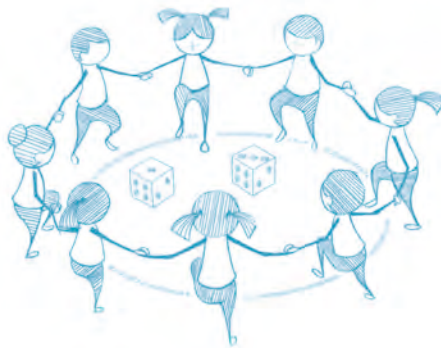


Description of Activity

Invite pupils to find a space in the playing area with enough room to swing their arms. Roll a die. Whatever number the die lands on is multiplied by ten. Pupils then jog around the area for a count of that number. Stop, stretch, and repeat. Arrange the pupils in groups, and give them two dice per group. Invite each group to establish hopping activities on one of the die and use the other for the number of reps, e.g. two sixes could mean the pupils have to hop from one foot to the other six times. Examples include:

1. Hop on right leg.
2. Hop on left leg.
3. Hop forwards.
4. Hop backwards.
5. Hop holding hands as a group.
6. Hop from one foot to the other.

Repeat the activity until everyone has had a turn to roll the dice.



Variations

- Include a variety of locomotor skills such as running, jumping or skipping.
- Introduce stability exercises. Hold a balance for the number of seconds represented by the die.
- Decide on the activities in advance, or as a group, instead of letting each group come up with their own.

Equipment

An open playing area, two dice per group of pupils



- Ensure each group has enough space to complete their activities.
- Pause the activity at intervals to focus on the teaching points for hopping in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the hopping action during the activity.



- Create your own hopping game using dice. Draw it in your PE journal and share it with your class. Practise with your friends at lunch break.



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