



Description of Activity

Arrange pupils in groups of four (two pairs). Give each group a hoop and a tennis ball. Invite each group to place the hoop on the floor in a space, with one pair standing on one side and the other pair standing on the other side. The aim is to bounce the ball in the hoop to be caught by the other pair, while hopping. Once ten successful passes have been completed (caught by the opposite pair), the group can take a break. If the ball bounces away, start again at one.



Variations

- Encourage pupils to switch to the opposite leg whenever they need to.
- Change the pairs around after a set amount of time so they can play with new opponents.
- Use different types of balls, or remove the hoop if it is too difficult.
- Play in pairs if there is enough equipment to go around.
- Catch or throw using only one hand.

Equipment

An open playing area, hoops, tennis balls



- Arrange teams into suitably matched pairs.
- 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.



- Practise saying your spellings or learning your tables while hopping on one foot.



- ceathrar • pairtnéir • fonsa • liathróid leadóige a phreabadh • preabadh • deich bpas • tosaigh arís