



## Description of Activity

Arrange pupils in groups of five and invite each group to stand in a circle. On a signal, pupils start to hop on one foot. Invite the first pupil to begin with a hand movement, e.g. a clap. Everyone in the group claps, while still hopping on one foot. The second pupil then claps and adds another hand movement, e.g. clicks fingers. Everyone in the group then repeats the action, while still hopping on one foot, or swapping to hop on the other foot. The third pupil then claps, clicks fingers and adds another hand movement, e.g. double high fives with person either side. The group copies the three movements, while still hopping, and the activity carries on until everyone in the group has added a movement.



## Variations

- Challenge the pupils to reverse the order of the movements.
- Alternate the hopping foot for every second set of movements.
- Encourage pupils to switch to the opposite leg whenever they need to.
- Increase or decrease the size of the groups.

## Equipment

An open playing area



- This activity can also take place in the classroom, around tables with chairs and property pushed in out of the way.
- 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 hopping in your home this evening. Hop between rooms. Hop while watching TV or hop while you are waiting for something.



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