

SPOT HOP ADD THEM UP



ATHLETICS



DANCE



AMES



GYMNASTICS

Description of Activity

Use a labeled cone, a sticky label or piece of card to assign a number from one to ten to a large quantity of spot markers. Invite pupils randomly place them around the playing area. The aim of the activity is for pupils to hop from one end of the hall to the other, hopping on spots as they go. Invite pupils to add the numbers of the spots as they hop from one end to the other.



Variations

- Arrange pupils in pairs. Pupil A hops the length of the hall, counting and adding the spots as they go. When they get back, they give the number to their partner. Pupil B must then attempt to hop the length of the hall, adding as they go to make up the same number.
- The teacher sets a number for pupils to reach as they traverse the area, e.g. sixteen. Pupils must hop on spots that add up to that number, and then run back to the start.

Equipment

Spot markers, paper, markers, crayons, cones, sticky labels



- Hopping can be a tiring activity so pause play regularly and allow pupils to take a break. Take this opportunity to provide feedback and to address some of the teaching points of hopping.



- Investigate the number of hops it takes to get from your bedroom to the bathroom in your house. In your PE journal, write down the number of hops.



- uimhreacha a scríobh ar na spotaí • i mbeirteanna • ó bhun go barr an halla • ag preabadh • cleachtadh a dhéanamh ar uimhreas