



Description of Activity

Set out multiple square playing areas with a spot marker in the corner of each square. A fifth spot marker is placed in the centre of the square. Invite five pupils to play in each square with each pupil starting on a spot marker. When the pupil in the centre calls 'switch' all pupils must hop to one of the four corner spot markers as quickly as possible. The centre spot marker is not an option and a pupil cannot go back to their own spot marker. The pupil without a corner spot marker at the end of the switch must go to the middle and start the next round by calling 'switch' again.



Variations

- Vary the locomotor skill used to move from hoop to hoop, e.g. running, skipping, etc.
- Increase or decrease the size of the square.
- Change the shape of the hoops, e.g. triangle or a star to include more or less pupils.

Equipment

An open playing area, spot markers



- **Hopping can be a strenuous activity. Ensure pupils are given opportunities to take a break, e.g. put at least two groups of five per activity so one group can recover while the other plays, and remind pupils to alternate the hopping foot.**
- **Pause the activity at intervals to focus on the specific 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 on your way home from school, or hop from your car to the door of your house.**



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