



ATHLETICS



DANCE

Description of Activity

Arrange pupils in pairs and invite them to find a space in the playing area. Each pair places a hoop around themselves and skips inside the hoop through the playing area in time to the music. Encourage pupils to work as a team to move in the same direction and at the same pace. When the music stops, both pupils must try to freeze at the same time. When the music starts, pupils change direction and continue skipping inside the hoop.



Variations

- Vary the locomotor skill performed while carrying out the activity, e.g. running, hopping or jumping.
- Add obstacles for pupils to go over and around.
- Invite pupils to perform a pair balance using the hoop when the music stops.
- Allocate a hoop to each pupil and challenge them to touch nobody else while skipping inside a defined area.

Equipment

Open playing area, hoops, music and speaker



- Discuss teamwork and good cooperation with pupils. What are the characteristics of teamwork and how can they ensure they work well together?
- Provide regular feedback focusing on the two teaching points of skipping that are being addressed in the lesson.



- Check your pulse before and after you complete skipping activities. Did you notice a difference? What does this mean for your body?



i mbeirteanna • fonsaí • scipeáil • reoigh • ceol • cothromaíocht