



ATHLETICS



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Using cones set up the various challenges listed in a large open playing area. Invite pupils to compete individually and in teams in the following events.

- **Skip Sprint:** Using cones, set up a track of fifty metres in length with a starting line and a finish line. In groups of eight, challenge pupils to skip as fast as they can to the finish line.
- **Skip Relay:** Using cones, set up a large track in the school yard or field with a start/finish line and three further stations of equal distance apart. Arrange pupils in groups of four with one baton or beanbag per group. The activity is a relay, with the first pupil skipping around the track to pupil two, handing them the beanbag, who then continues to pupil three, and so on. The first group passing the finish line wins.
- **Long Skip:** Using cones, set up a track of approximately fifty metres. Invite pupils to skip the length of the track a number of times and challenging them to complete the distance in the fewest number of skips possible.
- **Team Long Skip:** Arrange pupils in groups of four. Allow each group one hundred skips to divide out between their members. The challenge is to see how far the group can skip using just one hundred skips. When one pupil finishes their allotment of skips it may be useful to place a cone from which the next pupil can start.



Variations

- Increase or decrease the distances for each event to suit the ability of the class.
- Encourage pupils to make new groups for each event.

Equipment

An open playing area, cones, batons or beanbags



- Ensure there is plenty of space between pupils in each event.
- This activity can be useful for revision. Between each event discuss skipping technique with pupils, highlight the teaching points learned over the past number of PE lessons and invite pupils to demonstrate good technique.



- List three playground games in your journal that involving skipping.



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