

CIRCLE PASS CHALLENGE



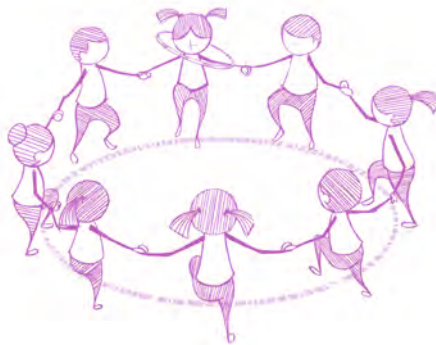
DANCE



GYMNASTICS

Description of Activity

Invite pupils to join hands in a large circle. Place a hoop on one pupil's arm so that they are holding hands with the pupil next to them through the hoop. The aim of the activity is to move the hoop around the circle without breaking the chain. Invite pupils to decide how they are going to manoeuvre their body through the hoop. While they are waiting for the hoop to come to them, they must perform a balance on one foot. Pupils may change the foot they are balancing on at any time. If anyone breaks the chain, that pupil must run once around the circle before rejoining the group.



Variations

- Remove the hoop and place a quoit on the top of one pupil's foot. Invite pupils to pass the quoit around the circle from person to person, using only the foot.
- Arrange pupils into smaller groups to decrease wait time.
- Add extra hoops or quoits, so that the groups are passing more objects around at one time.
- Use a hoop and a quoit at the same time, each going in the opposite direction.

Equipment

An open playing area, hoops, quoits



- Suggest pupils put their feet through the hoop first and move the hoop upwards, or put their head through first and move the hoop downwards.
- When passing the quoit, it is easier to receive the quoit if the heel is kept touching the ground.



- In your PE journal, write down five reasons why it was important to work cooperatively for this activity. How did the other pupils in the circle help you when it was your turn?



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