



DANCE



GYMNASTICS

Description of Activity

Set out spot markers or cones for each pupil in an open playing area. Play the music and invite pupils to travel through the area following a variety of instructions (see movement list below). When the music stops, pupils find a spot marker and practise hopping on one foot until the music starts again.

Movement List: walk, run, walk backwards, walk sideways, skip.



Variations

- After performing a set number of hops on the spot, pupils perform a balance.
- Pupils move through the playing area like an animal of their choice, e.g. frog, bunny, kangaroo, grasshopper etc.

Equipment

An open playing area, spot markers, music



- **Pause the activity at intervals to focus primarily on hopping. Discuss today's teaching points (usually two) with pupils. Invite a pupil to demonstrate good technique, allow pupils to practise in pairs, then return to the activity.**
- **Ensure playing area is open and free of obstructions.**
- **Remind pupils to keep their eyes open while moving through the activity.**



- **Play music at home and practise moving to the beat.**



marcóirí • spotaí • ceol a sheinnt • cothromaíocht • ag siúl ar gcúl • ag siúl go cliathánach



ATHLETICS



GAMES



GYMNASTICS

Description of Activity

Pupils find a space in the playing area. Invite pupils to practise hopping in a variety of different ways, using the following prompts:

- Hop on the spot, forwards, backwards, sideways
- Turn in the air and land with knees bent
- Hop as quietly/noisily/quickly/slowly as possible - alternating hard and soft landings
- Hop over a rope
- Hop on and off a movement spot
- Hop around the cones
- Hop at different levels - as high as you can, with little low hops or at a medium height
- Hop as far as you can for distance
- Practise hopping with a partner, mirroring their hops



Variations

- Arrange pupils in groups or pairs and invite them to explore a range of different hops. Design a hopping sequence and perform it for the rest of the group.
- Scatter PE equipment (cones, hoops, ropes, beanbags etc) around the playing area and invite pupils to hop around the space, hopping over each item they encounter on their way.

Equipment

Ropes, hoops, spot markers, cones,



- **Remind pupils to land safely with a bended knee on the landing leg.**
- **Hopping can be a strenuous activity so pause at intervals to allow pupils to stretch. Remind pupils to alternate the hopping leg when they get tired. Alternatively, intersperse instructions for hopping activities with instructions for other locomotor skills such as running, skipping, jumping etc.**
- **Pause the activity at intervals to focus on the technique of hopping. Discuss some of the teaching points for hopping, invite a pupil to demonstrate the technique and then return to the activity.**



- **Practise hopping on one leg. Figure out how many hops you can do on this leg without stopping.**



ag tuirlingt • crua • bog • téad • preab ard • preab íseal • ag casadh



DANCE



GAMES

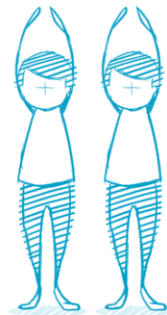


GYMNASTICS

Description of Activity

Invite pupils to find a space in a designated playing area. The teacher begins the activity by saying 'find someone who... has the same colour hair'. Pupils must find a partner with the same colour hair and make a shape. Hold the shape for a count of five, and then begin hopping around the playing area. On a signal, pupils freeze and teacher repeats the activity using an alternative instruction for 'find someone who' such as...

- has the same number of brothers and sisters?
- lives in the same street/town?
- has the same type of pet?
- is the same age?
- has the same colour eyes?



Variations

- Select a theme for the shapes, e.g. animals, buildings, letters of the alphabet etc.
- Invite pupils to take turns to give the 'find someone who' instruction.
- Practise a variety of hopping techniques e.g. one foot, hopscotch, alternating between two feet etc.

Equipment

An open playing area



- **Pause the activity at intervals to focus specifically on some of the teaching points for hopping. Invite a pupil to demonstrate good technique.**
- **Ensure the playing area is free of obstructions.**



- **Draw a picture of yourself playing hopscotch with your friends in your PE journal.**



- **Aimsigh duine • gluaiseacht a dhéanamh • deartháireacha • deirfiúracha • sráid/baile • dath gruaige**



ATHLETICS



DANCE



GALES



GYMNASICS

Description of Activity

Arrange pupils in a circle around a parachute, holding onto the handles or the edge. Practise the correct holding technique with the parachute. Invite pupils to walk around in a circle holding onto the parachute and sing:

There was a man in our town who went for a WALK one day.

But the wind blew so hard he turned around and WALKED the other way.

Pupils change direction on 'turned around'. After they have practised this using the FMS of walking, change the word in the song to 'hop' and invite pupils to hop on one foot around in the circle.



Variations

- Use a variety of different FMS, such as run, hop, skip, etc. to replace the word 'walk' and encourage pupils to add to the storyline.
- Throw some beanbags onto the parachute. Try not to let any fall off as you hop around.
- Hold the parachute at different heights while moving.

Equipment

Parachute



- If this activity is taking place indoors, ensure the floor surface is dry and free of hazards. If the activity is taking place outdoors, ensure the terrain is even underfoot.
- Pause the activity at intervals to focus specifically on hopping technique. Invite one pupil to demonstrate correct technique, allow pupils to practise freely in pairs, and then return to the parachute activity.



- Try to hop around the yard at playtime with a partner.



ag siúl i gcorcal • paraisiút • ar siúlóid • shéid an ghaoth • geaitsí éagsúla



Description of Activity

Pupils find a space in the playing area and place a hoop or cone (their burrow) on the ground, away from other pupils. On the signal, 'Run rabbits!', pupils hop around the playing area. When they hear the call 'Burrow!' they hop into any burrow as fast as they can. Repeat several times. Then remove a hoop from the playing area each time. Any pupil without a burrow runs around the outside of the playing area for one round and then joins the group again for the next game. Finish when there are five hoops left.



Variations

- Allow rabbits to share a burrow.
- Introduce a 'fox' that tries to catch the rabbits. They can escape the fox by hopping into a burrow.

Equipment

An open playing area, one hoop or cone per pupil



- Ensure pupils are mindful of each other when hopping into the hoops. The hoop belongs to the first pupil to place a foot inside.
- Pause the activity at intervals to discuss the teaching points of hopping being addressed in the lesson and allow pupils to practise it in isolation before returning to the activity.



- Investigate how many hops it takes to get from the school gate to the school door.



poll coinín • fonsa • cón • rithigí • isteach libh sna poill



Description of Activity

Use cones to set up a defined playing area. Pupils must stay inside this space. Nominate four pupils to be taggers. Taggers are identified by wearing bibs or rugby tags. Pupils can only move by hopping at all times. The aim of the game is for a tagger to tag another pupil to set themselves free. When a tagger is successful they hand over the bib or tag to the pupil they have tagged, who then takes over the role of tagger. Spread five to ten spot markers around the area. These spots can be used as a safe zone for pupils. When standing on a spot the pupil must perform a one legged balance. If their second leg touches the ground at any stage they must leave the safety of the spot marker.



Variations

- Include more than four taggers.
- Alternate the locomotor skill used to move around the playing area, e.g. skipping or side stepping.

Equipment

Cones, spot markers, bibs or tags



- **Pause the activity at regular intervals to provide feedback and discuss the teaching points for hopping. Invite a pupil to demonstrate, allow pupils to practise in pairs and then return to the activity.**
- **Hopping can be a strenuous activity. Allow pupils the opportunity to rest or stretch at regular intervals during the activity.**



- **Ask a grown-up to help you draw a hopscotch grid using chalk and show them how to play the game.**



cóin • tóraithe • ag léim ar chos amháin • spotaí • zón sábháilte



ATHLETICS



DANCE



GAMES



GYMNASTICS

Description of Activity

Arrange pupils in groups of three. Allow pupils to select a range of equipment, for example, a skipping rope and a few cones. Using their equipment, each group creates a maze on the floor that involves a hopping and jumping challenge. Once all of the groups have finished, children circulate to each group to try the different mazes.



Variations

- Restrict pupils to hopping on left foot etc.
- Introduce a timed element or have pupils assess each other as they navigate the maze.
- Include other locomotor skills in the maze challenge.

Equipment

Ropes, spot markers, cones, benches, masking tape



- Remind pupils of safe landing technique.
- At intervals, pause the activity and discuss the teaching points of hopping. Allow pupils to practise in isolation, and then return to the activity.



- Watch a friend hopping. Tell them what they are doing well.



grúpaí de bheirt nó de thriúr • treallamh a roghnú • téad scipeála • lúbra eile a thriail • ag preabadh ar chos amháin



Description of Activity

Arrange pupils in teams of four, each team has a cone. All teams line up behind a starting line in the playing area. The first pupil in each team stands on the starting line and takes three hops as far as they can. The second pupil places the cone on the ground where the first pupil landed. The entire remaining team walk to the cone and the second pupil takes three hops as far as they can. The cone is moved forward again to where the pupil landed after taking the three hops. The process continues until all team members have hopped, or until all teams have crossed a finish line at the end of the playing area.



Variations

- Alter the number of hops each pupil can take. Consider starting with one hop each, then two on the second turn, and then three etc.

Equipment

An open playing area, cones



- **Pause the activity at intervals to remind pupils of the teaching points for hopping. Consider allowing them to practise in isolation and then return to the game.**



- **Make up your own hopping game. Teach a friend how to play the game in the yard.**



- **líne tosaigh • ag preabadh • siúlann an foireann go dtí an spota • rás sealaíochta**