



Description of Activity

Invite pupils to find a space in the playing area. Teacher demonstrates correct skipping technique for the class. Pupils skip freely around the space, taking care to avoid collisions. After a set period of time, invite pupils to move around the play area using a range of skipping actions based on the suggestions below:

- try to skip like a giant, a fairy, a clown, a toy soldier
- try to make yourself very small and skip around, gradually getting taller
- try to skip as tall as you can be
- try to skip forwards, sideways, backwards
- try to skip angrily, happily, sadly, tightly, loosely
- try to vary your skipping speed
- try to skip to the beat of music or a drum.



Variations

- Invite one pupil to be the leader and the remaining pupils to copy the skipping actions of the leader. After a period of time, invite another pupil to be the leader, or arrange pupils in small groups with one leader per group.

Equipment

An open playing area, a drum or music



- Encourage pupils to use a skipping action that engages the opposite knee and arm.



- Practise skipping in the yard. Investigate the different ways that you and your partner can skip together.



- áit súgartha • fathach • síóg • saighdiúir • scipeáil ar aghaidh • scipeáil ar gcúl • luas scipeála

Description of Activity

Invite pupils to find a space in the playing area and face the teacher. The teacher calls out in a loud voice "I see!". The pupils answer in chorus, "What do you see?". The teacher responds, "I see all pupils skipping in any direction without touching anyone".

Pupils respond to this command until they hear the whistle at which point they freeze and turn to face the teacher again. Teacher repeats "I see!" and pupils answer, "What do you see?". The teacher responds with a new verbal challenge using a range of locomotor skills, stretches, animal movements, or balancing actions.



Variations

- Offer pupils an opportunity to lead the activity.

Equipment

An open playing area



- This activity is a useful end of year revision exercise as it allows scope to address a wide variety of skills.
- Use the activity to focus on the teaching points of skipping, e.g. 'I see pupils' arms swinging in opposition to the legs to help maintain balance'.
- Practise saying "What do you see?" in chorus.



- Draw a picture of your skipping.



- feicim • cad a fheiceann tú? • ag sipeáil • gan lámh a leagan ar

Description of Activity

Arrange pupils in a circle, with a spot marker or hoop for each pupil. Invite pupils to skip around the circle, keeping a safe distance away from the pupil in front of them. It might be useful to use music to encourage pupils to move to the beat and develop rhythm when skipping. On a signal, or when the music stops, pupils must stand on a spot marker or jump into a hoop as quickly as possible. Each time the game continues, remove some spots or hoops from the circle, so that some pupils end up without one. Any pupil that does not have a spot or hoop must skip around the playing area before joining the next game.



Variations

- Allow a certain number of pupils per hoop e.g. three. Any group that does not have this number when the music stops must skip around the playing area before joining the next game.
- Alternate the locomotor skilled used to travel around the circle.

Equipment

Spot markers or hoops



- Ensure pupils enter hoops safely, and demonstrate good practise. In the case of a tie, the first pupil to touch the ground inside the hoop can claim it. Any disputes could be settled by rock, paper, scissors.



- In your PE journal draw a game that involves skipping.



cathaoir • fonsa • ceol a sheinnt • rithim a fhorbairt • scipeáil timpeall



DANCE



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Use the cones to set up a circle, the size of which will depend on the size of the group. Ensure that space within the circle is limited but safe to move in.

Invite pupils to skip around inside the circle pretending that everyone else is poisonous. If a pupil touches another pupil they become infected and must place one hand behind their back. If touched a second time a pupil is out of the game as a skipper, however they still have a role to play. Once 'out' a pupil must freeze on the spot with their hands outstretched acting as a poisonous target for other pupils to avoid. The last pupil left skipping wins.



Variations

- Modify the area: increase/decrease the circle size to make it easier or more difficult.
- Add music and encourage pupils to move to the beat.
- Play in a larger area with one pupil designated as 'poisonous' trying to infect the others. Each pupil that is infected also becomes poisonous and tries to infect the others.
- Alternate the locomotor skill used, e.g. hopping, running or dodging.
- When a pupil is infected they must strike a balance and hold it for a count of ten before returning to the game.

Equipment

Cones, a drum or music



- Ensure poisonous pupils exercise care towards the pupils who are skipping by tagging them gently.
- Provide feedback on correct skipping technique regularly during the game.



- Create your own game using the skill of skipping. Practise it in the yard.



ciorcal nimhe • ionfhabhtaithe • leag lámh ar • reoigh • lámha sínte amach



ATHLETICS



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

To set up the game, spread out as many hoops (houses) as possible around the playing area, however ensure that there is less than one per pupil. Invite the pupils to adopt the role of mice and to find a space anywhere within the playing area. On a signal (play music, beat a drum) pupils must begin skipping around the area avoiding the hoops. When the music/drum stops pupils must find a hoop and step into it as quickly as possible. After each pause remove a hoop. As the game progresses there will be more and more pupils sharing a hoop when the music starts. See how many pupils can fit in each hoop.



Variations

- Alternate the locomotor skill used e.g. running or side stepping.
- Ask pupils to do individual balances and eventually partner and group balances in the hoops when the music stops.

Equipment

An open playing area, hoops



- At various stages during the activity discuss today's teaching points (usually two) of skipping with the pupils. Invite a pupil to demonstrate good technique, practise in pairs, then return to the game.
- To avoid pupils gathering in the same groups set a rule that pupils must find a new hoop each time, and no three pupils can be in the same hoop for two turns in a row.



- Ask somebody at home to skip for you. Give them feedback.



tithe • fonsa a bhaint • drumma a sheinnt • níos mó daltaí



ATHLETICS



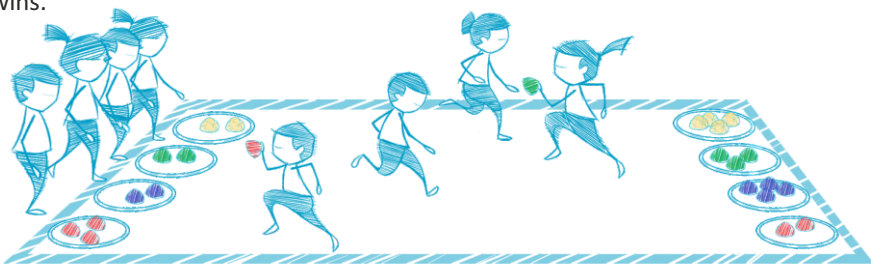
GAMES



OUTDOOR & ADVENTURE

Description of Activity

Arrange pupils in groups of five. Set out a large playing area approximately twenty metres long with a hoop per group at either end. Each hoop contains four beanbags. All pupils must start behind their hoop. The aim of activity is for the first pupil to skip to the hoop of an opposing group, take a beanbag, skip back with it and place it in their own hoop. Once the beanbag hits the ground in their own hoop the next pupil can go. The first group to have six beanbags in their hoop wins.



Variations

- Change the locomotor skill used, e.g. use running or side stepping.
- Add obstacles in the area to skip over or avoid.
- Place balls in the hoops and use the activity to explore manipulative skills. Invite pupils to skip to the hoop and dribble or kick the ball back.

Equipment

An open playing area, hoops, beanbags



- Ensure groups are balanced and fair. Move groups around to different hoops from time to time.
- Pupils can only remove one beanbag at a time, and groups must remove a beanbag from alternate hoops. Pupils cannot return to the same hoop twice.
- Ensure that there is enough space for each group to work in and that there is adequate space to turn at the hoop.
- Between each game discuss the teaching points of skipping being addressed in the class. Ask pupils to demonstrate, allow them to practise in isolation then return to the game.



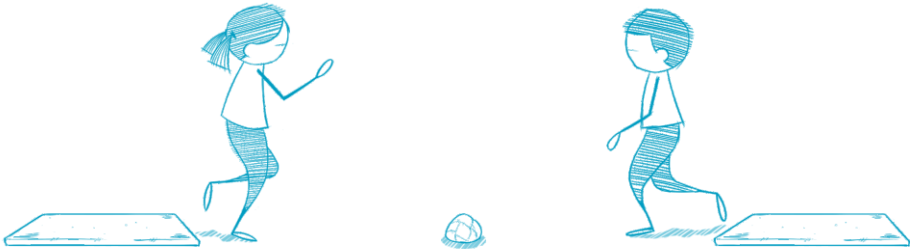
- Play a skipping game in the yard.



cúigear • scipeáil • málaí pónairí a bhailiú • fonsa • ar an dtalamh

Description of Activity

Arrange pupils in pairs. Each pupil chooses a home area away from his or her partner. A beanbag should be placed on the ground midway between the two home areas. Each pupil stands one step back from the beanbag towards the direction of their home area. On a signal, both pupils try to snatch the beanbag and skip back to their home area. The pupil who does not get the beanbag must chase the other (skipping only) and try to tag him or her. If the chased pupil is caught before reaching his or her home area the game restarts.



Variations

- Pupils can start in a seated position.
- Alternate the locomotor skill e.g. run, walk, hop, etc.
- After a set amount of time, change the pupils in each pair.

Equipment

Beanbags



- Ensure pairs are not crossing the paths of other pairs on their return to home.
- At various stages during the activity focus on the technique of skipping. Discuss today's teaching points (usually two) with pupils. Invite a pupil to demonstrate good technique, invite the pupils to practise in pairs, and return to the activity.



- Play this game in the yard. Investigate how to skip faster, farther, higher.



cathair • fonsa • ceol a sheinnt • rithim a fhorbairt • scipeáil timpeall



GAMES

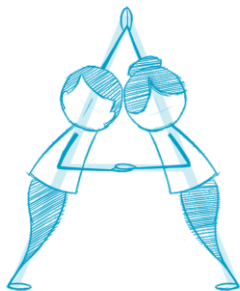


GYMNASTICS

OUTDOOR &
ADVENTURE

Description of Activity

Arrange pupils in pairs. On a signal, pupils from each pair begin skipping in opposite directions around the playing area. When the teacher calls out a letter e.g. 'A', pupils must skip towards each other, meet and form that letter using their body parts, either standing or lying down. When each pair has constructed the letter, invite pupils to begin skipping again and repeat the activity using another letter.



Variations

- Change the locomotor skill used e.g. running, hopping or side stepping.
- Arrange the pupils in larger groups e.g. four - six. Now the groups must work together to construct the letter or the groups can spell out a word featuring that letter.
- Use the activity to revise prior learning in mathematics e.g. 'use your body to construct the answer to the following sum: $2 + 1$ '

Equipment

An open playing area, hoops



- **Pause the activity at intervals to discuss the teaching points of skipping being addressed in the lesson. Invite pupils to demonstrate, practise in isolation and then return to the game.**
- **Use large groups as much as possible and set more difficult tasks to encourage pupils to engage with teamwork and cooperation.**



- **Skip from the school gate to the school door every day this week.**



pairtnéirí • treonna éagsúla • litreacha • ag seasamh • ina luí