

Description of Activity

Arrange pupils in groups of five with a hoop per group. Invite groups to place their hoops around the perimeter of a large outdoor playing area, equidistant from a central point. Lay as many small, light pieces of PE equipment as possible in the centre of the playing area (fruit salad). On a signal, one pupil from each group runs to the fruit salad, picks up one piece of fruit and carries it back to their hoop. This process is repeated until all pieces of fruit have been gathered. The group with the most pieces of fruit in their hoop wins.



Variations

- To prolong the activity allow pupils to steal pieces of fruit from each others hoops for a given time period. Freeze the activity and count how much fruit is in each hoop.
- Use cones to make a large square around each hoop as a no-go zone. Pupils must throw the fruit into the hoop from outside the square, thus focusing on throwing accuracy.
- Pupils must jump over three items of fruit before they can pick one up.

Equipment

An open playing area, beanbags, foam balls, hoops, cones



- Ensure there is adequate space to throw and pick up beanbags so as to minimise collisions.
- Play the activity in reverse to save work setting up after an activity so that the first group to get all their pieces of fruit back in the salad wins.
- Pause the activity at intervals to focus on the specific teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the running action during the activity.



- Play a game that involves running every day this week in the yard.



fonsaí • ciseán torthaí • thit na torthaí amach • torthaí a phiocadh suas • glaoigh amach ainm an toraidh • ag obair le chéile