



Description of Activity

Arrange pupils in groups of four or five. Set up a rectangular playing area and place a variety of obstacles such as skipping ropes, balls, cones, spot markers, etc, randomly within the space. Place the objects close enough together to require pupils to hop over and around them. At one end of the playing area place a hoop on the floor as the base for each group. At the other end of the playing area scatter as many beanbags as possible. The aim of the activity is to hop through the space over the obstacles to the other side, pick up one beanbag, hop back and place the beanbag in your group's hoop. The group with the most beanbags at the end wins.



Variations

- Increase or decrease the number of obstacles.
- Vary the size of the playing area.
- Vary the locomotor skill used to move, e.g. side stepping or skipping.

Equipment

Hoops,
beanbags,
equipment to
use as obstacles



- **Pause the activity at intervals to focus on the specific teaching points for hopping 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 hopping action during the activity.**
- **Hopping can be a strenuous activity so allow plenty of opportunities for rest and remind pupils to alternate the hopping foot.**



- **Select a playground game that you like to play, and change the method of movement to hopping. Play this game with your friends in the yard.**



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