



Description of Activity

Use cones to set out a defined playing area and place hoops, randomly spaced, on the ground. Invite pupils to move around the area using any locomotor skill of the teachers choosing (this may be a useful opportunity to revise the last locomotor skill learned). On a signal, pupils have to hop in and out of as many hoops as possible until the teacher gives a second signal to stop. Pupils keep count of the number of hoops they have hopped into during a given time period.



Variations

- Vary the number of hoops per activity and the size of the playing area.
- Vary the locomotor skill used to move around the area, e.g. skipping, side stepping, jumping, etc.
- Challenge pupils to hop into a certain amount of hoops and to perform a balance when they have completed that number of hops, e.g. 'hop into eight different hoops, then freeze and perform a balance on two body parts'.

Equipment

An open playing area, hoops



- **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 remind pupils to alternate their hopping foot, and allow them plenty of opportunities to rest.**
- **Ensure pupils cannot hop into the same hoop more than once (or twice) during the activity.**



- **In your PE journal, design and draw an activity using hopping and hoops.**



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