



ATHLETICS



GAMES



OUTDOOR &
ADVENTURE

Description of Activity

Arrange pupils in groups of five and give each group two cones. Each group places their cones in a straight line ten metres apart. Pupils line up behind one cone and take turns to hop around the other. The first pupil hops around the cone and back to their group. This pupil then collects the second pupil and holding hands, they both hop around the cone and return to the start. This pattern continues until the whole group hops together. If the chain is broken while hopping the group starts again.



Variations

- Reverse the play, each time releasing a pupil from the chain.
- Vary the locomotor skill used to move around the cones, e.g. skipping, jumping, etc.
- Set out various obstacles between the two cones for pupils to dodge, jump over, etc.

Equipment

An open playing area, cones



- **Safety is important when playing this activity. Ensure the group moves at a pace suitable to everyone and that nobody is dragged.**
- **Ensure that there is enough space for each group to work in and that there is adequate space to turn at the cone.**
- **Hopping can be a strenuous activity, so allow pupils a rest period at intervals. This will offer a chance to discuss hopping technique.**



- **It is not easy to apply all of the teaching points of hopping when holding hands with a teammate. In your PE journal, draw a picture of your arm position when hopping.**



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