



DANCE



GAMES

Description of Activity

Arrange pupils in groups of three or four. Give each group pieces of chalk and invite them to draw a Hopscotch grid. Using their grid, groups take turns to play. Each pupil throws a beanbag onto square one, hops over square one to square two and hops up through the numbers in sequence before jumping with two feet on 'Home'. They then hop back down the sequence, pick up the beanbag and hop out. Repeat by throwing the beanbag in square 2, hopping over that square, and so on.



Variations

- Where there are two numbered squares side by side (two and three, five and six) perform a jump from one foot to two feet and then two feet to one foot.
- Instead of throwing the beanbag in numerical order, allow pupils to throw to any square. When pupils get to that square they initial it. Keep playing for a specific time period and see who can initial the most squares.
- Vary the shape of the hopscotch circuit.

Equipment

An open playing area, chalk and beanbags



- **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.**



- **Take a piece of chalk home and invite a family member to play this activity with you. Show them how to hop correctly.**



- cleas na bacóide • triúr nó ceathrar • cailc • greille a tharraingt • mála pónaire
• léim thar • cearnóg a haon • cearnóg a dó • ag preabadh