



ATHLETICS



GAAMES



GYMNASICS



OUTDOOR &
ADVENTURE

Description of Activity

Arrange pupils in two even groups, saucers and domes. Give each pupil a coloured cone and invite them to find a space in the playing area. Invite each pupil to place their cone on the floor according to their given name, e.g. domes place their cone on the floor the right way round and the saucers place their cone on the floor upside-down. The aim of the activity is to turn the opposing group's cone over so that saucers become domes and vice versa. On a signal, pupils begin hopping around the space, turning cones over. After a set amount of time, compare the number of saucers to domes, and play again.



Variations

- Vary the fundamental movement skill used to move around the area, e.g. running, skipping, etc.
- If one group is winning, introduce a five second head start for the other group.
- Increase or decrease the size of the playing area.

Equipment

An open playing area, cones



- Pupils are not allowed to guard a cone or return to the same cone until they have switched two more cones over.
- Start the activity with a signal. Stop after thirty seconds to check on the progress of the groups and to discuss effective strategies for success.
- Mix up the groups at intervals if desired. Ensure pupils know that they can hop on either foot, and that it is best to alternate from one to the other if they begin to tire.



- Count how many hops it takes to get from the school gate to the school door. Practise every day for one week.



dhá ghrúpa • fochupáin • cruinneacháin • bun os cionn • preabadh • casadh na cóin • teorainn ama