



ATHLETICS



AMES



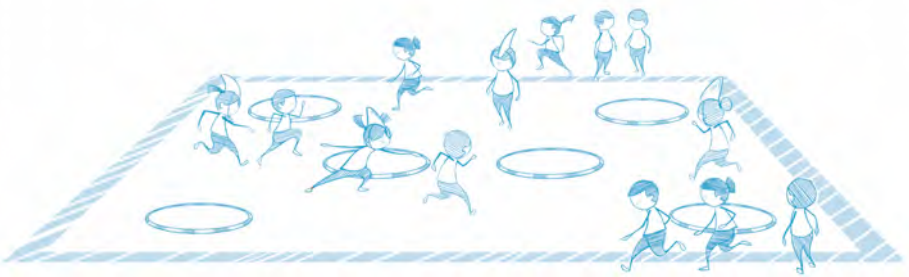
GYMNASTICS



OUTDOOR &  
ADVENTURE

## Description of Activity

Randomly place six hoops (islands) inside a defined playing area. Select four pupils to wear bibs and to be the sharks. The sharks must defend the islands. The remaining pupils, the survivors, hop around the outside of the playing area. On a signal, the survivors run into the area and try to get to an island by standing inside a hoop. The sharks try to tag the survivors before they get to an island. When survivors are tagged they miss a turn in the activity. While they are waiting for their next turn, pupils practise hopping outside the playing area.



## Variations

- Vary the locomotor skill used to move around the outside.
- If a pupil is out for one round, invite them to perform a balance of their choice.
- To decrease difficulty for survivors, alter the movement pattern of the sharks, e.g. side to side only.
- Allow a pass card for pupils who are finding the activity difficult or to reward positive behaviour.

## Equipment

An open playing area, bibs, hoops



- Encourage safety when stepping into and out of the hoops. Use spot markers instead of hoops on slippery surfaces.
- 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.



- Think of an animal that moves by hopping and design an activity based on its movements and life habits. Draw the activity in your PE journal.



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