

Description of Activity

Assign a suit of cards to each of the four corners of the playing space: Hearts, Clubs, Diamonds, Spades. On a signal, pupils walk and stand in any of the four corners. When they are all standing in a corner of their choice, randomly call out the name of one of the suits. All pupils who are not in that corner must complete an activity, such as ten star jumps or five jumping jacks, etc. Pupils in that corner help with the count. On a signal, pupils walk and stand in a different corner and the activity continues. When pupils are comfortable with the activity, invite them to hop instead of walk to the corners each time.



Variations

- Vary the locomotor skill used to move around the area, e.g. skipping, running, jumping, etc.
- Set out various obstacles between the corners for pupils to hop over.
- Assign different activities to each corner and suit, e.g. in the Diamond corner the activity is star jumps, in the Hearts corner the activity is lunges, in the Clubs corner the activity is the pupils' own choice etc.

Equipment

An open playing area



- **Hopping can be a strenuous activity, so consider alternating between locomotor skills on each signal to move. Advise pupils to take a rest if they feel tired.**
- **Ensure pupils exercise caution when moving between the corners.**



- **In your PE journal, list three times when you might need to hop from one place to another outside of this PE lesson (injured foot, looking for a shoe etc).**



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