



Description of Activity

Arrange pupils in groups of four or five and invite them to line up behind a cone. Place three hoops or spot markers five metres apart in a line in front of each group. Pupils must hop to the first hoop, stand in it, lift it up over their head, return the hoop to the ground and then return to base. On their second turn, the pupil repeats the activity at the first hoop, then the second hoop and returns to base, and so on for their third turn, repeating the activity at all three hoops before hopping back to the starting point. The activity concludes when each pupil has completed the circuit.



Variations

- Alternate the locomotor skill used to move.
- Introduce a race. The first group to complete the circuit wins.
- Add or remove hoops.
- To include change of direction, position the hoops in a zig zag layout.

Equipment

hoops or spot markers and cones



- Ensure pupils are wearing correct footwear as they will be moving at a fast pace.
- Ensure groups are spaced safely apart.
- Ensure pupils return to base on a predetermined side of the grid.
- 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.



- Teamwork is essential when playing this activity. In your PE journal, list three characteristics of good teamwork.



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