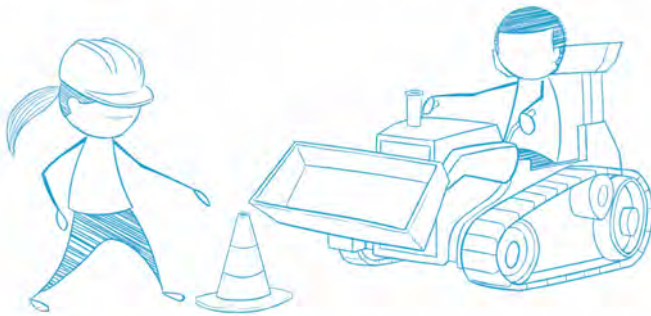




## Description of Activity

Set out tall cones randomly throughout the playing area. Arrange pupils in two groups (builders and bulldozers). The bulldozers will be wearing bibs (if available) and their role is to go around tipping over as many buildings (tall cones) as they can. The second group, the builders, have to rebuild the fallen cones by standing them back up. After a set amount of time, alternate group roles. All pupils travel from cone to cone using skipping.



## Variations

- Bulldozers must knock down the cones using different body parts such as knees, toes, hips, or elbows.

## Equipment

An open playing area, cones, bibs



- Remind pupils to watch for others who may have their heads down while building or bulldozing.
- Pause the activity at intervals to focus on the specific teaching points for skipping 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 skipping action during the activity.



- Practise skipping in the yard. Count how many skips it takes you to do a circuit of your playing area. Ask a friend to help you count.



áit súgartha • dhá ghrúpa • ollscartaire • tógálaithe • bibeanna • ag leagadh