

**Curriculum Objectives****Venue****Equipment****Reference**[Move up a level](#)[PSSI Homepage](#)**Revision**

- This lesson is a revision of skills taught in the previous four lessons through the station teaching approach. All of the strand units are included.
- Hall/yard.
- Hoops, skipping ropes, beanbags, agility cones and canes.
- Primary School Curriculum (1999) Physical Education, pages 16, 17.
- Teacher Guidelines, pages 51- 3.



ORGANISATION

Station Activities

Lay out equipment as outlined in diagram below.

The children are divided into five groups.

Each group assembles at an assigned station.

The groups rotate from station to station during the “circuit” of activities.

To facilitate the running of this lesson you could ask a senior pupil to lay out the equipment.

It is also helpful if you have your groups organised before leaving the classroom. Then when equipment is laid out, you can allocate each group immediately to a station. Allow two or three minutes at each station and then rotate the groups.

Rotation of groups

On whistle all activity stops.

Call the children from Station 5 into the middle. Then begin movement: 4 to 5, 3 to 4, 2 to 3, 1 to 2 and 5 to station 1.

Only one group moves at any time.

On completion of the circuit, the children at each station collect the equipment and leave to one side.

ACTIVITY

Warm up and stretching: Visit your warm up bank.

Choose an activity that can be done by the children on the spot.

Station 1

Hop from hoop to hoop.

Station 2

Run and jump over pairs of ropes.

Station 3

Bounce from hoop to hoop.

Station 4

Run over low hurdles.

Station 5

Throw beanbag into the hoop. There should be at least three or four hoops at this station. The child stands at the nearest cone and throws. If successful, s/he moves to the next cone and so on. The child must remain at any one cone until successful.

Concluding activity

Finish with a playground game.

Cool down

Visit your cool down bank.

TEACHING POINTS

Teacher should keep an eye on all stations to monitor progress.

- Emphasise controlled landing in each hoop. Alternate legs on second attempt.
- Take off on one foot, land on one foot and continue running.
- The children should remember:
 - Keep both feet together.
 - Back straight.
 - Bend knees on landing.
- The children should run freely over the hurdles.
- The child should use an underarm throw.

- Q Did you enjoy those activities?
 - Q Which activity will make our legs stronger?

ORGANISATION

Star ★ denotes beanbag at starting position.

ACTIVITY

Layout of equipment

Equipment is laid out as in the diagram.

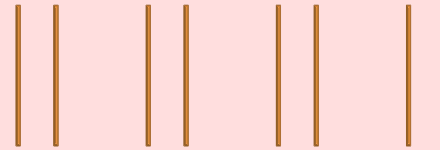
Station 1

Hoops are placed end to end.



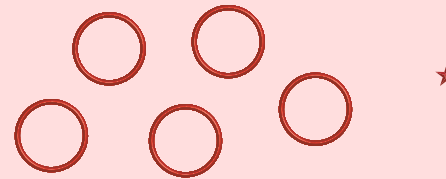
Station 2

Ropes are laid on ground in pairs.
Chalk or tape can be used instead of ropes.



Station 3

Hoops are scattered in a formation where each hoop is no more than 30cm from next hoop.



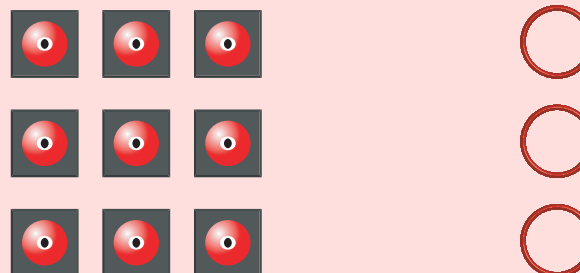
Station 4

Hurdles are placed at a low height.



Station 5

Hoops, beanbags and cones.



TEACHING POINTS

DEVELOPMENT

ORGANISATION

The activities on this page can be used at Senior Infant level, as they are a little more difficult.

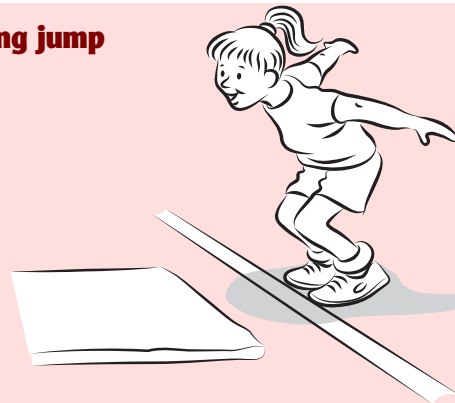
The teacher would be positioned at Station 3.

ACTIVITY

Station 1: Hop facing sideways, from hoop to hoop

Station 2: Bounce towards each pair of ropes, bounce over the pair of ropes

Station 3: Standing jump



Station 4: Run over hurdles

Station 5: Hoop throw

TEACHING POINTS

- Emphasise controlled landing in each hoop.
 - Keep the feet together.
 - Keep the body upright.
 - Emphasise the quality of the jump and the landing, rather than speed.
 - Bend the knees.
 - Swing the arms back.
 - Jump forward and drive the arms upwards.
 - Land on two feet.
 - Aim to reach out past hurdle on landing.
- Q** When you are jumping over the hurdles do you like to jump with the same leg?
- Increase the number of cones and the distance between each one.