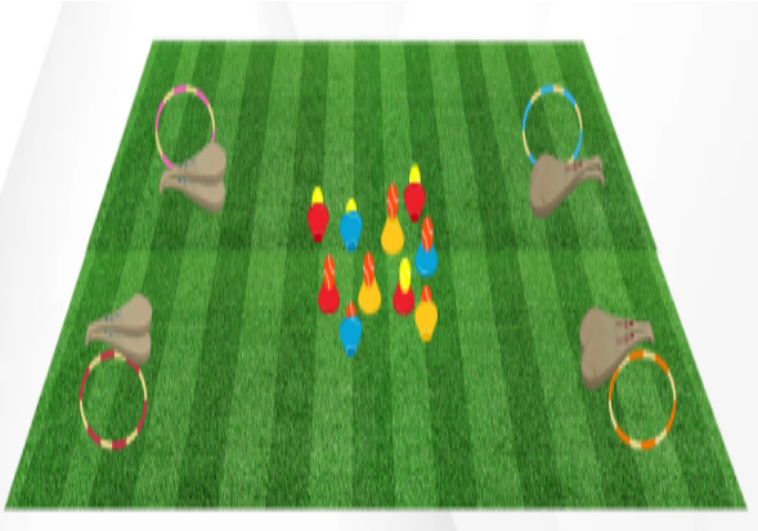
LEVEL 2

LIFTING EGGS

HURLING



EQUIPMENT LIST

- Cones
- Sliotar

Lifting Eggs

Organisation

- Set up area as shown
- Divide group into teams of 4 and line up on the outside of the area
- If a ball is sitting on a cone, the child must jab lift the ball, so it is knocked off the cone and return it to their hula hoop
- If a ball is sitting in a cone, the child must roll lift the ball, so it is knocked off the cone and return it to their hula hoop
- Keep going until all the balls are picked up
- The team with the most balls in their hoop wins

Use STEPR to adapt and progress activity

Space, Time/Task, Equipment, People, Rules

Notes