



Hopping 2.2: Stork tag, red light green light, hoop hop

5 - 8 year olds

Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

Can you think of games you play that require you to hop?

Warm-up: Stork tag (5 minutes)

- Demonstrate to children what a “stork stand” looks like.
- Have children stand up and show you their stork stand.
- Explain to children that you will be playing a game of “stork tag”.
- *If you get tagged you must stand like a stork until a friend high-fives you.*
- During the game, invite the children to move with various ways and speed within a defined space.

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Hoops

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Demonstration: Hopping (2 - 3 minutes)

- Demonstrate to children that hopping means jumping off one foot and landing on the same foot.
- To keep balance, arms should be slightly bent and slightly raised like wings.
- Explain what the ball of their foot is and have each child touch their own.
- *This is the part of the foot that you use for take off and landing when you hop.*
- *Land softly by bending knee and ankle to absorb impact.*

Practice: Red light, green light (5 - 8 minutes)

- Ask children to spread out along one end of the activity space.
- Explain the game “Red light, green light”.
- *When I call out “green light”, hop towards the other end of the activity space.*
- *When I call out “red light”, freeze in a stork stand.*
- *When I call out “yellow light”, walk slowly towards the other end of the activity space.*
- Play different rounds and give different children the opportunity to call the commands.

TIPS FOR INSTRUCTION

- Children can swing their non-hopping “bent leg” to jump further (this is called “hitch-kick”)
- Remind children to keep their body upright and to look ahead
- Bend knees and ankles

CUES

- *Look forward*
- *Spring with leg on the ground*
- *Swing arms forward*
- *Soft touch down*
- *“Hitch-kick”*
- *Body upright*

Game: Hoop hop (8 - 10 minutes)

- Spread a number of hoops around the activity space.
- Explain to the children that you will call out a movement (walk, run, gallop, skip).
- Children must move around the activity space without touching the hoops using that movement pattern.
- *When I call out "hoop hop" you must hop in and out of as many hoops as you can until I blow the whistle to stop.*
- Repeat several times, changing the movement each time.
- Once you have played a few rounds, take away half of the hoops.
- Leader can challenge the children to hop in and out of a certain number of hoops: *I want you to try and hop in and out of 5 hoops before I blow the whistle.*

Wrap-up (1 - 2 minutes)

Call the children back into a circle.

Review what they learned today.

Why is it important not to lean too far forward when you are hopping?