

Hopping 2.4: Obstacle course; Can you hop; Hop tag

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.

Today we will try hopping in different ways.

When you hop, do your arms move? Do they help you to hop?

Warm-up: Obstacle course (5 - 8 minutes)

- Distribute a variety of equipment (e.g. ropes, hoops, beanbags, sticks etc.) around the activity space.
- Explain to children that they are to walk, jog, run, gallop, or skip around the activity space.
- Whenever they come to an obstacle, they must hop over it.
- Encourage the children to hop over several objects one after another.
- Remind children to move safely around equipment and not to step on it.
- Encourage children to practice hopping with their left and right foot.
- Play music at various tempos to encourage moving at different speeds.

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Ropes, hoops, beanbags, sticks, music

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Demonstration: Hopping (5 minutes)

- Demonstrate to children different ways to hop on the spot:
 - » landing softly
 - » landing hard (stomp)
 - » hopping high
 - » hopping low
 - » hopping slowly
 - » hopping quickly

Practice: Can you hop ...? (5 minutes)

- Leader calls out “*Can you hop . . . ?*” and suggests a different hopping style each time.
- Children yell back, “*Yes, we can!*” and copy the leader’s movement.
- Different hopping styles:
 - » landing softly
 - » landing hard (stomp)
 - » without using your arms
 - » using only one arm
 - » using both arms
 - » forwards
 - » backwards
 - » as high as you can
 - » with small, low hops
 - » as far as you can
 - » with your right foot
 - » with your left foot

CUES

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

Game: Hop tag (8 - 10 minutes)

- Leader picks 2 children to be “it” and tag the other children.
- For each round, the leader calls out a movement for the children who are not “it”.
- When music starts, children must move around activity space in that way.
- *When you are tagged you must hop up and down 5 times as high as you can, then rejoin the game.*
- Every 60 seconds, change who is “it” and change movement pattern.
- Different movement patterns:
 - » *walk*
 - » *jog*
 - » *run*
 - » *gallop*
 - » *skip*

Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

When you were hopping high or low, fast or slow, did your arms move differently?