



Hopping 3.4: Camping tag, hopping over and onto an object, hopping relay

8 - 12 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.

Why is leg strength important when hopping?

Warm-up: Camping tag (5 minutes)

- Leader chooses one or two children to be “it”.
- Leader calls out a movement (*jog, run, hop, gallop, skip*).
- Children use that movement to move around activity space while trying not to be tagged.
- *If you are tagged, you must form a “tent” with your body (hands and feet on the ground, hips up).*
- *To be “free” again, another person must crawl under your “tent”.*
- Leader switches who is “it” every 60 seconds.

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Hoops, bean bags, pool noodles, gym mats, benches, balls, music

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Demonstration: Hopping over and onto an object (5 minutes)

- Leader sets up the following equipment:
 - » Gym mats folded in half (placed against walls)
 - » Gym mats folded in quarters (placed against walls)
 - » Benches (placed against walls)
 - » Spread equipment out that can be hopped over safely (pool noodles, cones, foam blocks, etc.)
- Leader demonstrates the following:
 - » Hopping over equipment in centre of activity space
 - » Hopping onto lower mats
 - » Hopping onto higher mats
 - » Hopping onto benches
 - » Demonstrate with right foot and with left foot

Practice: (5 - 8 minutes)

- Leader asks children to spread out around activity space.
- *When music begins, I want you to jog around activity space without touching any equipment.*
- *When the music stops, I want you to quickly choose a piece of equipment and hop “over it” or “on and off of it” until the music begins again.*

TIPS FOR INSTRUCTION

- Benches and mats must be tight against walls to avoid them from moving when children hop onto them.
- Encourage children to try hopping with right and left foot.
- Repeat several times and encourage children to try different equipment each time.
- Repeat with different locomotion movements when music is playing:
 - » walk
 - » run
 - » gallop
 - » skip
- If the group is attentive, each child can have a ball in hand, practicing dribbling and holding onto the ball when hopping at each station.

CUES

- *Look forward*
- *Spring with leg on the ground*
- *Swing arms*
- *Soft touch down*

Hopping relay (8 - 10 minutes)

- Teams are lined up at one end of the activity space with a hoop placed behind each team.
- Set up an obstacle course in front of each team using hoops, ropes and pool noodles.
- At the far end of each team's obstacle course, place a folded gym mat against the wall.
- Place several bean bags in a hoop at the far end of the activity space.
- Each child takes turns hopping through the course and hopping "onto and off" the mat 5 times.
- Then they run to the hoop with the bean bags and pick up one beanbag.
- They then turn around and hop back through the course and place the bean bag inside the hoop which is behind their team.
- Once the bean bag is placed in the hoop, the next child in line goes.
- The team with the most bean bags in their hoop at the end of 2 minutes wins.

Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

What did you do differently with your arms when you hopped "onto" the bench/mat compared to hopping "over" equipment?

What did you do differently with your legs?

TIPS FOR INSTRUCTION

- Encourage children to try hopping with right and left foot.
- Can use music to start and stop the relay race.
- Children touching an obstacle while hopping must restart.