



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Skipping 2.1: Chain tag

5 - 8 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: hula hoops, music

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 name any games (or sports) where you need to know how to skip?

Warm-up: Balance tag (5 - 7 minutes)

- Leader places hula hoops around activity space (one per child).
- *When the music starts, I want you to jog around the activity space without touching the hula hoops.*
- *When the music stops, I want you to hop into a hula hoop and balance the way I tell you to.*
- Suggested balances:
 - » *Balance on your left foot.*
 - » *Balance on your right foot.*
 - » *Stork stand balance.*
 - » *Make a bridge (belly facing up) and balance.*
 - » *Make a bridge (belly facing down) and balance.*
 - » *Reach as high up as you can and balance on your tippy toes.*
- Leader gives children an opportunity to come up with their own balances.

Demonstration: Skipping (3 - 5 minutes)

- Leader asks children to sit in a semi-circle.
- Leader explains skipping by breaking it down into two parts: “the step and the hop”.
- Leader demonstrates a “soldier march” by stepping with high knees (up to waist), arms swinging opposite to legs.
- Leader then demonstrates the “hop” by hopping off of one foot when opposite knee comes up, and landing on same foot.
- Leader then demonstrates skipping, by stepping forward, hopping on the same foot, then repeating with other foot (step-hop, step-hop, step-hop).

Practice: Skipping (5 minutes)

- Children spread out along one side of the activity area and face the other side.
- All children move across the space with the instructions:
 - » Leader calls out the word “step” and children take a step like a marching soldier.
 - » Leader calls out the word “hop” and children hop and land on the same foot, one step at a time.
 - » Leader calls out “step” and then “hop” and the children follow the instructions.
 - » The leader should gradually increase the tempo.
- With a partner, children spread out around activity space and practice the “step-hop” pattern (e.g. play follow-the-leader by skipping).
- Encourage the children to say “step-hop, step-hop” as they move.
- When the leader sees that most children understand basic movement, leader can

encourage them to swing their arms opposite their legs.

- Leader can invite children to skip making shapes (circle, figure eight, triangle, following a line on the floor, etc.).

TIPS FOR INSTRUCTION

- Skipping can be difficult to learn.
- Praise children for their efforts.
- Provide enough practice time for success.

CUES

- *Step-hop, step-hop*
- *Swing arms, opposite to leg*
- *Head up*

Game: Skipping chain tag (10 minutes)

- Leader chooses 2 children to be the first chain and to be “it”.
- The pair of “it” children join hands and try to tag other children with their free hands.
- All children are skipping around the activity space.
- When the pair tags a child, they become a chain of three.
- When the three children tag a fourth child, they split into two chains of two.
- Both chains continue to chase and tag.
- The game is over when all children are part of a chain.
- Leader makes sure all children continue to skip at all times.

Wrap-up (2 minutes)

Call the children back into a circle and review what they learned today.

How does swinging your arms help you to skip?

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