



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

## Hopping 1.1: Flamingo tag

3 - 5 year olds

**TIME:** 30 minutes

**SKILL:** Locomotion

**EQUIPMENT:** music, hoops

### Introduction (2 - 3 minutes)

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

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

*Today we will learn how to hop. Do you know any games where you have to hop?*

## Activity 1: Flamingo tag (5 - 8 minutes)

- Demonstrate to children what a “flamingo” looks like.
- Ask the children to stand up and show you their “flamingo” pose.
- Explain that they will be playing a game called “flamingo tag”.
- *If you get tagged you must stand like a flamingo until a friend high-fives you.*
- Leader asks children to spread out around the activity space.
- Leader chooses 1 or 2 children to be “it”.
- Change who is “it” every 60 seconds.
- When the music starts, the game begins.
- *If the music stops, everyone must freeze like a “flamingo”.*

### TIPS FOR INSTRUCTION

- Leader should participate to provide an example for children who might need help.

## Activity 2: Simon says (8 - 10 minutes)

- Leader demonstrates how to hop (look forward, spring with one leg on the ground, swing arms forward).
- Leader explains that they will be playing a game of Simon says.
- *When I say “Simon says...”, watch what I do and then do the same thing.*
- *If I don't say “Simon says...”, don't do what I do!*
  - » *Hop in place on right/left foot*
  - » *Hop slowly*
  - » *Hop quickly*
  - » *Hop side to side*
  - » *Hop forward*
  - » *Hop forward with arms swinging*
  - » *Hop 3 times in a row and then change hopping leg*
  - » *Turn around while hopping in place*
  - » *Hop anyway you want*

### TIPS FOR INSTRUCTION

- Hopping is tiring for young children.
- Be sure to change commands every 10 - 15 seconds.
- Allow a few seconds of rest between each command.

### CUES

- *Look forward*
- *Spring with leg on the ground*
- *Swing arms forward*
- *Try to land softly*

### Activity 3: Hopping relay race (5 - 8 minutes)

- Leader divides children into lines of 2 - 3 children each.
- Leader sets out 2 - 3 hoops in front of each line at 3 - 4 metre intervals.
- Last hoop has a bean bag for each child.
- When Leader says go, the first child in each line must run to the first hoop, hop into it, hop out the other side, run to the next hoop, hop into it, hop out the other side, and then run and hop into the final hoop.
- Each child picks up a bean bag from the last hoop and runs back to tag their next teammate, who then goes.
- Variation:
  - » Repeat with children hopping sideways into and out of each hoop.

#### TIPS FOR INSTRUCTION

- Praise children for their efforts.
- Gently remind children of the cues for hopping.
- Emphasize fun at this age, not correct technique.

### Wrap-up (2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

Recognize the group for their great hopping.

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.