Hopping 2.3: Simon says, snake hop, fruit basket
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.

*What are 3 things you need to remember about your body when you are hopping?*
Warm-up: Simon says (5 minutes)

- When the leader says “Simon says...”, children look at what the leader is doing and then follow the command.
- Leader signals to the children to stop after 5-10 seconds, then gives a new command.
- If the leader does not say “Simon says...” before a command, children should remain still.
- If a child moves on a command when the leader does not say “Simon says...”, the leader asks the child to run and touch a wall, then return to group. (Child continues to play. This avoids elimination from the activity.)
- Once the leader has done several commands, children may be given turns to lead the activity.
- Suggestions for commands:
  - Hop on your right foot
  - Hop on your left foot
  - Hop forward
  - Hop backwards
  - Hop side to side
  - Hop slowly
  - Hop fast
  - Hop with your hands on your hips
  - Hop with your hands on your head
  - Hop with your hands on your shoulders

TIPS FOR INSTRUCTION

- Make sure children spread out and find space
- Make sure children face the leader

CUES

- Heads up
- Look where you are going
Demonstration: Hopping (5 minutes)
• Select a child that you feel did a great job in the warm up.
• Ask the child to show you what great hopping looks like.
• Discuss with children: What was great about [name of child] hopping?
• Point out the following:
  » He/she was looking ahead
  » Knees and ankles were bent
  » Swinging arms forward
  » Soft touch when landing
  » Body upright

Practice: Snake hop (5 - 8 minutes)
• Divide children into groups of 3 or 4.
• Two children kneel on the floor and hold opposite ends of a skipping rope.
• Leader calls out one of the following commands:
  » Slow snake
  » Medium snake
  » Fast snake
• Children wiggle the rope at speed indicated.
• Remaining children try to hop over the snake without touching it.
• Switch roles after 30-60 seconds and repeat a few times.

TIPS FOR INSTRUCTION
• For safety, tell the children to keep the rope touching the floor
• Hands that hold and wiggle the rope should be touching the floor (to keep the rope on the floor)

CUES
• Look forward
• Body upright
• Swing with arms
Game: Fruit basket (8 - 10 minutes)

- Set up 3 hoops around the perimeter of the activity area.
- The 3 hoops are “fruit baskets”.
- Spread several beanbags around the activity area.
- Explain to children that the beanbags are fruit that have been spilled.
- *When I call out a movement, I want you to move around that way without touching any of the fruit or fruit baskets.*
- *When I call out “fruit basket”, you have to quickly grab one piece of fruit and return it to a fruit basket.*
- Continue to pick up the fruit until all of it is in the baskets, one fruit at a time.
- Repeat activity using different locomotion movements:
  - walk
  - run
  - jump
  - hop
  - gallop
  - skip

Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

*What things were easy for you to do? Why?*

*What things were hard for you to do? Why?*