Hopping 3.1: Hopping review
8 - 12 year olds

Introduction (1 - 2 minutes)

Hopping requires a lot of strength in one leg, as well as good balance.

Can you think of reasons why it is good to know how to hop?

Warm-up: Jumping and hopping (5 minutes)

- Each child has one skipping rope, and lays it out in a straight line.
- Invite the children to explore different ways to jump and hop over their rope.
- Children should land without falling down.
- Leader should move through the activity space and observe.
- Allow children time to explore different jumps and hops at their own pace.
- Emphasize landing with control and as softly as possible.
- Encourage children to try different jumps and hops:
  - jump off two feet and land on one.
  - hop off one foot and land on two.
  - hop back and forth over the skipping rope 5 times without stopping.
  - hop all the way around the rope with one foot.
  - hop all the way around the rope with the other foot.
Demonstration: Hopping (2 - 3 minutes)

• Demonstrate to children that hopping means jumping off one foot and landing on the same foot.

• In preparing to jump, both arms swing back at the same time the bent knee of the leg in the air (non-jumping leg).

• Arms swing forward and up while the children push from the ball of the foot (toes) and perform a “hitch kick” by swinging the knee forward and up to hop higher and further.

Practice: Exploring the hop – Follow the leader (8 - 10 minutes)

Children stand in their own space and follow the leader with different hops.

• Hop in place on right foot, then left foot.
• Hop softly so you don’t make a sound.
• Hop side to side.
• Hop forward, hop backwards.
• Hop forward and swing your arms.
• Hop five times in a row then change feet.
• Hop quickly, then hop slowly.
• Hop forward in a straight line.
• Hop, then jump, then hop, then jump.

Game: Hopping mazes (8 - 10 minutes)

• Form children into groups of 2-3 children.

• Each group has their own skipping rope, a few cones, and hula-hoops.

• Each group makes a maze on the floor that they must hop through.

• Once all groups have tried hopping through their own maze, they switch with other groups and try the other mazes.

Wrap-up (1 - 2 minutes)

Why are arms important in hopping and landing?

TIPS FOR INSTRUCTION

• When children are hopping forward, they can swing their non-hopping “bent leg” to jump further. This is called “hitch-kick”.

• If a child is not hopping very high, give them an object to hop over (e.g. line, rope, stick, small cone, mini-hurdle).

• If a child has trouble alternating feet, encourage the child to hold their non-hopping foot until they are comfortable with the hopping motion.

CUES

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