

Hopping 3.3: Hoop hop, red light green light, hopscotch

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 balance important when you are hopping?

Warm-up: Hoop hop (5 minutes)

- Spread a number of hoops around the activity space.
- Explain to children that you will call out a movement (walk, jog, gallop, skip).
- Children are to move that way around the activity space without touching the hoops.
- *When I call out "hoop hop" you must hop into and out of as many hoops as you can until I blow the whistle to stop.*
- Repeat several times, changing the movement each time.
- Once you have played a few rounds, take away half of the hoops.
- Variation: Challenge the children to hop in and out of a certain number of hoops: *I want you to try and hop in and out of 5 hoops before I blow the whistle.*

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Hoops, chalk, tape, bean bags

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Demonstration: Various ways to hop (5 minutes)

- Demonstrate the following hops and have the children hop along with you:
 - » *Hop 5 times on right foot then land on both feet*
 - » *Hop 5 times on left foot then land on both feet*
 - » *Hop 5 times on right foot then balance on the right foot for 5 seconds*
 - » *Hop 5 times on left foot then balance on the left foot for 5 seconds*
 - » *Hop 5 times on right foot then land and balance on left foot*
 - » *Hop 5 times on left foot then land and balance on right foot*
 - » *Hop 5 times on right foot then switch and hop 5 times on left foot*
 - » *Hop 5 times on left foot then switch and hop 5 times on right foot*
 - » *Jump on two feet, hop on one foot, then repeat*
- Challenge the children to create their own patterns if time permits

Practice: Red light, green light (5 - 8 minutes)

- Leader asks children to spread out along one end of the activity space.
- Explain the game “Red light, green light”.
- *When I call out “green light”, hop on your right foot towards the other end of the activity space.*
- *When I call out “red light”, freeze in a stork stand.*
- *When I call out “yellow light”, walk slowly towards the other end of the activity space.*

TIPS FOR INSTRUCTION

- Repeat several times switching the movement in “green light” to the various hopping movements demonstrated above.

CUES

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

Game: Hopscotch (8 - 10 minutes)

- Leader draws a hopscotch grid with chalk on pavement or uses tape on a floor.
- Hopscotch should have 10 sections numbered 1 to 10.
- Each player has a different coloured bean bag.
- First player tosses bean bag onto square 1, then hops over square 1 to square 2 and continues hopping to square 10.
- When player gets to square 10 they turn around and hop back again.
- When they get to the square before the square with their bean bag, they pause to pick up their bean bag and continue to hop back to the start.
- Then the next player goes.
- Once everyone has gone once, first player tosses bean bag onto square 2 and hops through hopscotch again.
- Game continues until everyone has tossed their bean bag into square 10.

Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

What did you find most challenging about the hopscotch game?

Where could you play this game?

TIPS FOR INSTRUCTION

- Hopping is done on one foot
- Children must hop over square that has their bean bag
- Leader can ask children to alternate feet
- Leader can ask children to start on one foot and land on other foot as in the Demonstration
- To maximize participation, have no more than 3 players per hopscotch grid