Introduction (2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind children to stop, look, and listen whenever you signal.

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

Why is leg strength important when hopping?

Warm-up: Camping tag (5 minutes)

• Leader chooses one or two children to be “it”.
• Leader calls out a movement (jog, run, hop, gallop, skip).
• Children use that movement to move around activity space while trying not to be tagged.
• If you are tagged, you must form a “tent” with your body (hands and feet on the ground, hips up).
• To be “free” again, another person must crawl under your “tent”.
• Leader switches who is “it” every 60 seconds.
**Demonstration: Hopping over and onto an object (5 minutes)**

- Leader sets up the following equipment:
  - Gym mats folded in half (placed against walls)
  - Gym mats folded in quarters (placed against walls)
  - Benches (placed against walls)
  - Spread equipment out that can be hopped over safely (pool noodles, cones, foam blocks, etc.)

- Leader demonstrates the following:
  - Hopping over equipment in centre of activity space
  - Hopping onto lower mats
  - Hopping onto higher mats
  - Hopping onto benches
  - Demonstrate with right foot and with left foot

**TIPS FOR INSTRUCTION**

- Benches and mats must be tight against walls to avoid them from moving when children hop onto them.
- Encourage children to try hopping with right and left foot.
- Repeat several times and encourage children to try different equipment each time.
- Repeat with different locomotion movements.
- When music is playing:
  - Walk
  - Run
  - Gallop
  - Skip

- If the group is attentive, each child can have a ball in hand, practicing dribbling and holding onto the ball when hopping at each station.

**CUES**

- Look forward
- Spring with leg on the ground
- Swing arms forward
- Soft touch down
- “Hitch-kick”
Hopping relay (8 - 10 minutes)

- Teams are lined up at one end of the activity space with a hoop placed behind each team.
- Set up an obstacle course in front of each team using hoops, ropes and pool noodles.
- At the far end of each team’s obstacle course, place a folded gym mat against the wall.
- Place several bean bags in a hoop at the far end of the activity space.
- Each child takes turns hopping through the course and hopping “onto and off” the mat 5 times.
- Then they run to the hoop with the bean bags and pick up one beanbag.
- They then turn around and hop back through the course and place the bean bag inside the hoop which is behind their team.
- Once the bean bag is placed in the hoop, the next child in line goes.
- The team with the most bean bags in their hoop at the end of 2 minutes wins.

TIPS FOR INSTRUCTION

- Encourage children to try hopping with right and left foot.
- Can use music to start and stop the relay race.
- Children touching an obstacle while hopping must restart.

Wrap-up (2 minutes)

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

*What did you do differently with your arms when you hopped “onto” the bench/mat compared to hopping “over” equipment?*

*What did you do differently with your legs?*