Hopping 3.4: Camping tag, hopping over and onto an object, hopping relay
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 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

Practice: (5 – 8 minutes)

- Leader asks children to spread out around activity space.
- When music begins, I want you to jog around activity space without touching any equipment.
- When the music stops, I want you to quickly choose a piece of equipment and hop “over it” or “on and off of it” until the music begins again.

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
- Soft touch down
**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.

**Wrap-up** *(2 minutes)*

Call the children back into a circle.

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?*

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**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.