

Hopping 3.2: Mirror tag, Simon says, 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.

Can you think of a sport or a game where you need to hop?

Warm-up: Mirror tag (5 minutes)

- Leader chooses one child to be “it”.
- Children jog around activity space trying not to be tagged.
- *When you are tagged you must hop on the spot.*
- *To become free again, someone must come and mirror your hopping.*
- Encourage children to hop in different ways:
 - » *hop on right foot*
 - » *hop on left foot*
 - » *hop high*
 - » *hop low*
 - » *hop forward*
 - » *hop backward*

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Hoops, ropes, bean bags, music

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Demonstration: Hopping (5 minutes)

- Demonstrate different ways of hopping to children:
 - » landing softly
 - » landing hard (stomp)
 - » without using your arms
 - » using only one arm
 - » using both arms
 - » forwards
 - » backwards
 - » as high as you can
 - » with little low hops
 - » as far as you can
 - » with your right foot
 - » with your left foot
- *How do my arms move when I change the way I hop?*

Practice: Simon says (5 - 8 minutes)

- When the leader says “*Simon says...*”, children must imitate what the leader is doing.
- If the leader does not say “*Simon says...*” before a command, children should remain still.
- Once the leader has done several commands, they may choose different children to lead more rounds.

TIPS FOR INSTRUCTION

- If a child moves when the leader does not say “*Simon says...*”, the child must run once around activity space, then return to game
- This avoids elimination from the game

- Variations: “Simon says...”
 - » Use same movements as demonstration.
 - » Hop side to side
 - » Hop in a circle
 - » Hop and twist
 - » Hop with your arms on your hips
 - » Hop with your arms on your head
 - » Hop with your arms on your shoulders

Game: Hopping relay (8 - 10 minutes)

- Teams line 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 and ropes.
- At the far end of the obstacle course place numerous bean bags.
- Each child takes turns hopping through the course to grab one bean bag.
- Children then turn around and hop back through the course and place the bean bag inside the hoop 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.

When you hopped high or low, fast or slow, how did your arm movement change?

CUES

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

TIPS FOR INSTRUCTION

- Encourage the children to hop using both their left and right legs.
- Music can be used to start and stop the race.
- Children touching an obstacle while hopping must restart.