Hop 3.2: Hopping relay
8 - 12 year olds

**TIME**: 30 minutes

**SKILL**: Locomotion

**EQUIPMENT**: Hoops, ropes, bean bags, music

**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.

*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

**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.
- 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*

**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.

**CUES**

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

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.

Wrap-up (2 minutes)

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

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