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
**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.