



**CURRICULAR COMPETENCY & OUTCOME:**

Students develop and demonstrate movement skills in a variety of activities.

DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

## **Locomotion 1.6: Skipping**

3 - 5 year olds

**TIME:** 30 minutes

**SKILLS:** Skip, hop, jump

**EQUIPMENT:** Music source

### **Introduction (2 - 3 minutes)**

Gather the children in the activity area and sit down in a circle.

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

Explain any special safety rules for the session.

## Warm-up: Safari Adventure (5 - 6 minutes)

- Ask the children to spread out along one end of the activity space.
- Stand alongside the children and call out the name of an animal (e.g. kangaroo, monkey, frog, rabbit, elephant, etc.) and demonstrate how that animal might move.
- Ask the children to move with you across the activity space performing that animal movement.
- Ask the children to suggest other animals, and ask them to demonstrate how that animal might move. Then ask all the children to try to move that way across the activity space.

### TIPS FOR INSTRUCTION

- Suggest animals that encourage movement at different speeds and heights (e.g. close to the floor like a snake, bent knees like a rabbit, on tippy toes like a giraffe).

## Activity 1: Learning to Skip (8 - 10 minutes)

- Ask the children to stand in a semi-circle so everyone can see you.
- Demonstrate the two parts of skipping: “the step and the hop”.
- Next, ask the children to march slowly on the spot with you (i.e. high knees).
- Now ask the children to “take off” with each marching step (i.e. like a hop).
- Watch the children—if some are struggling with the movement, stand directly in front of them and skip on the spot with them, so they can watch and imitate your movement.
- Ask the children to spread out along one side of the activity space.
- Skip with the children to the other side.
- Repeat several times, and change skipping speed each time for variety.

### TIPS FOR INSTRUCTION

- Provide enough practice time for success.
- Praise children for their efforts.
- Don't expect mastery of skipping in one session.

### CUES

- *Swing arms*
- *Head up*

## Activity 2: Red Light, Green Light (8 - 10 minutes)

- Ask the children to spread out along one end of the activity space.
- Explain the game “Red light, green light”.
- *When I call out “green light”, I want you to skip quickly towards the other end of the activity space.*
- *If I call out “yellow light”, you have to slow down and skip very slowly.*
- *If I call out “red light”, you have to stop, then freeze without moving.*

### TIPS FOR INSTRUCTION

- If possible play country music

## Wrap-up (2 minutes)

Gather the children and sit down in a circle again.

Talk about what the group did today, and ask the children what was their favourite part.

Transition to your next activity—whether free play or other.

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.