



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

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

Hopping 2.1: Introduction to hopping

5 - 8 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Skipping ropes, cones, gymnastics mats, yoga mats, and/or hula hoops

Introduction (1 - 2 minutes)

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

Hopping requires a lot of strength in one leg, as well as good balance.

Can you think of reasons why it is good to know how to hop?

Warm-up: Jumping and hopping (5 minutes)

- Each child has one skipping rope, and lays it out in a straight line.
- Invite the children to explore different ways to jump and hop over their rope.
- Children should land without falling down.
- Leader should move through the activity space and observe.
- Allow children time to explore different jumps and hops at their own pace.
- Emphasize landing with control and as softly as possible.
- Encourage children to try different jumps and hops:
 - » *jump off two feet and land on one.*
 - » *hop off one foot and land on two.*
 - » *hop back and forth over the skipping rope 5 times without stopping.*
 - » *hop all the way around the rope with one foot.*
 - » *hop all the way around the rope with the other foot.*

Demonstration: Hopping (2 - 3 minutes)

- Children stand in their own space and follow the leader with different hops.
- *Hop in place on right foot, then left foot.*
- *Hop softly so you don't make a sound.*
- *Hop side to side.*
- *Hop forward, hop backwards.*
- *Hop forward and swing your arms.*
- *Hop five times in a row then change feet.*
- *Hop quickly, then hop slowly.*
- *Hop forward in a straight line.*
- *Hop, then jump, then hop, then jump.*

TIPS FOR INSTRUCTION

- When children are hopping forward, they can swing their non-hopping “bent leg” to jump further. This is called “hitch-kick”.
- If a child is not hopping very high, give them an object to hop over (e.g. line, rope, stick, small cone, mini-hurdle).
- If a child has trouble alternating feet, encourage the child to hold their non-hopping foot until they are comfortable with the hopping motion.

CUES

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

Game: Hopping mazes (8 - 10 minutes)

- Form children into groups of 2-3 children.
- Each group has their own skipping rope, a few cones, and hula-hoops.
- Each group makes a maze on the floor that they must hop through.
- Once all groups have tried hopping through their own maze, they switch with other groups and try the other mazes.

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

Why are arms important in hopping and landing?

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