Hopping 2.2: Stork tag, red light green light, hoop hop
5 - 8 year olds

TIME: 30 minutes
SKILL: Locomotion
EQUIPMENT: 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).

*Can you think of games you play that require you to hop?*
Warm-up: Stork tag (5 minutes)

- Demonstrate to children what a “stork stand” looks like.
- Have children stand up and show you their stork stand.
- Explain to children that you will be playing a game of “stork tag”.
- *If you get tagged you must stand like a stork until a friend high-fives you.*
- During the game, invite the children to move with various ways and speed within a defined space.

Demonstration: Hopping (2 - 3 minutes)

- Demonstrate to children that hopping means jumping off one foot and landing on the same foot.
- To keep balance, arms should be slightly bent and slightly raised like wings.
- Explain what the ball of their foot is and have each child touch their own.
- *This is the part of the foot that you use for take off and landing when you hop.*
- *Land softly by bending knee and ankle to absorb impact.*

Practice: Red light, green light (5 - 8 minutes)

- Ask children to spread out along one end of the activity space.
- Explain the game “Red light, green light”.
- *When I call out “green light”, hop towards the other end of the activity space.*
- *When I call out “red light”, freeze in a stork stand.*
- *When I call out “yellow light”, walk slowly towards the other end of the activity space.*
- Play different rounds and give different children the opportunity to call the commands.

**TIPS FOR INSTRUCTION**

- Children can swing their non-hopping “bent leg” to jump further (this is called “hitch-kick”)
- Remind children to keep their body upright and to look ahead
- Bend knees and ankles

**CUES**

- Look forward
- *Spring with leg on the ground*
- Swing arms forward
- Soft touch down
- “Hitch-kick”
- Body upright
Game: Hoop hop (8 - 10 minutes)

- Spread a number of hoops around the activity space.
- Explain to the children that you will call out a movement (walk, run, gallop, skip).
- Children must move around the activity space without touching the hoops using that movement pattern.
- When I call out “hoop hop” you must hop in and out of as many hoops as you can until I blow the whistle to stop.
- Repeat several times, changing the movement each time.
- Once you have played a few rounds, take away half of the hoops.

Leader can challenge the children to hop in and out of a certain number of hoops: I want you to try and hop in and out of 5 hoops before I blow the whistle.

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

Why is it important not to lean too far forward when you are hopping?