



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

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

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?

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