



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

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

Hopping 2.4: Obstacle course; Can you hop; Hop tag

5 - 8 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Ropes, hoops, beanbags, sticks, music

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).

Today we will try hopping in different ways.

When you hop, do your arms move? Do they help you to hop?

Warm-up: Obstacle course (5 - 8 minutes)

- Distribute a variety of equipment (e.g. ropes, hoops, beanbags, sticks etc.) around the activity space.
- Explain to children that they are to walk, jog, run, gallop, or skip around the activity space.
- Whenever they come to an obstacle, they must hop over it.
- Encourage the children to hop over several objects one after another.
- Remind children to move safely around equipment and not to step on it.
- Encourage children to practice hopping with their left and right foot.
- Play music at various tempos to encourage moving at different speeds.

Demonstration: Hopping (5 minutes)

- Demonstrate to children different ways to hop on the spot:
 - » landing softly
 - » landing hard (stomp)
 - » hopping high
 - » hopping low
 - » hopping slowly
 - » hopping quickly

Practice: Can you hop ...? (5 minutes)

- Leader calls out “*Can you hop . . . ?*” and suggests a different hopping style each time.
- Children yell back, “*Yes, we can!*” and copy the leader’s movement.
- Different hopping styles:
 - » landing softly
 - » landing hard (stomp)
 - » without using your arms
 - » using only one arm
 - » using both arms
 - » forwards
 - » backwards
 - » as high as you can
 - » with small, low hops
 - » as far as you can
 - » with your right foot
 - » with your left foot

CUES

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

Game: Hop tag (8 - 10 minutes)

- Leader picks 2 children to be “it” and tag the other children.
- For each round, the leader calls out a movement for the children who are not “it”.
- When music starts, children must move around activity space in that way.
- *When you are tagged you must hop up and down 5 times as high as you can, then rejoin the game.*
- Every 60 seconds, change who is “it” and change movement pattern.
- Different movement patterns:
 - » *walk*
 - » *jog*
 - » *run*
 - » *gallop*
 - » *skip*

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

When you were hopping high or low, fast or slow, did your arms move differently?

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