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?