



Hopping 2.3: Simon says, snake hop, fruit basket

5 - 8 year olds

Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

What are 3 things you need to remember about your body when you are hopping?

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Beanbags, hoops

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Warm-up: Simon says (5 minutes)

- When the leader says “*Simon says...*”, children look at what the leader is doing and then follow the command.
- Leader signals to the children to stop after 5-10 seconds, then gives a new command.
- If the leader does not say “*Simon says...*” before a command, children should remain still.
- If a child moves on a command when the leader does not say “*Simon says...*”, the leader asks the child to run and touch a wall, then return to group. (Child continues to play. This avoids elimination from the activity.)
- Once the leader has done several commands, children may be given turns to lead the activity.
- Suggestions for commands:
 - » *Hop on your right foot*
 - » *Hop on your left foot*
 - » *Hop forward*
 - » *Hop backwards*
 - » *Hop side to side*
 - » *Hop slowly*
 - » *Hop fast*
 - » *Hop with your hands on your hips*
 - » *Hop with your hands on your head*
 - » *Hop with your hands on your shoulders*

TIPS FOR INSTRUCTION

- Make sure children spread out and find space
- Make sure children face the leader

CUES

- *Heads up*
- *Look where you are going*

Demonstration: Hopping (5 minutes)

- Select a child that you feel did a great job in the warm up.
- Ask the child to show you what great hopping looks like.
- Discuss with children: *What was great about [name of child] hopping?*
- Point out the following:
 - » *He/she was looking ahead*
 - » *Knees and ankles were bent*
 - » *Swinging arms forward*
 - » *Soft touch when landing*
 - » *Body upright*

Practice: Snake hop (5 - 8 minutes)

- Divide children into groups of 3 or 4.
- Two children kneel on the floor and hold opposite ends of a skipping rope.
- Leader calls out one of the following commands:
 - » *Slow snake*
 - » *Medium snake*
 - » *Fast snake*
- Children wiggle the rope at speed indicated.
- Remaining children try to hop over the snake without touching it.
- Switch roles after 30-60 seconds and repeat a few times.

TIPS FOR INSTRUCTION

- For safety, tell the children to keep the rope touching the floor
- Hands that hold and wiggle the rope should be touching the floor (to keep the rope on the floor)

CUES

- *Look forward*
- *Body upright*
- *Swing with arms*

Game: Fruit basket (8 - 10 minutes)

- Set up 3 hoops around the perimeter of the activity area.
- The 3 hoops are “fruit baskets”.
- Spread several beanbags around the activity area.
- Explain to children that the beanbags are fruit that have been spilled.
- *When I call out a movement, I want you to move around that way without touching any of the fruit or fruit baskets.*
- *When I call out “fruit basket”, you have to quickly grab one piece of fruit and return it to a fruit basket.*
- *Continue to pick up the fruit until all of it is in the baskets, one fruit at a time.*
- Repeat activity using different locomotion movements:
 - » walk
 - » run
 - » jump
 - » hop
 - » gallop
 - » skip

Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

What things were easy for you to do? Why?

What things were hard for you to do? Why?