

Hopping 3.1: Hopping review

8 - 12 year olds

Introduction (1 - 2 minutes)

Hopping requires a lot of strength in one leg, as well as good balance.

Can you think of reasons why it is good to know how to hop?

Warm-up: Jumping and hopping (5 minutes)

- Each child has one skipping rope, and lays it out in a straight line.
- Invite the children to explore different ways to jump and hop over their rope.
- Children should land without falling down.
- Leader should move through the activity space and observe.
- Allow children time to explore different jumps and hops at their own pace.
- Emphasize landing with control and as softly as possible.
- Encourage children to try different jumps and hops:
 - » *jump off two feet and land on one.*
 - » *hop off one foot and land on two.*
 - » *hop back and forth over the skipping rope 5 times without stopping.*
 - » *hop all the way around the rope with one foot.*
 - » *hop all the way around the rope with the other foot.*

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Skipping ropes, cones, gymnastics mats, yoga mats, and/or hula hoops

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.

Demonstration: Hopping (2 - 3 minutes)

- Demonstrate to children that hopping means jumping off one foot and landing on the same foot.
- In preparing to jump, both arms swing back at the same time the bent knee of the leg in the air (non-jumping leg).
- Arms swing forward and up while the children push from the ball of the foot (toes) and perform a “hitch kick” by swinging the knee forward and up to hop higher and further.

Practice: Exploring the hop – Follow the leader (8 - 10 minutes)

Children stand in their own space and follow the leader with different hops.

- *Hop in place on right foot, then left foot.*
- *Hop softly so you don't make a sound.*
- *Hop side to side.*
- *Hop forward, hop backwards.*
- *Hop forward and swing your arms.*
- *Hop five times in a row then change feet.*
- *Hop quickly, then hop slowly.*
- *Hop forward in a straight line.*
- *Hop, then jump, then hop, then jump.*

Game: Hopping mazes (8 - 10 minutes)

- Form children into groups of 2-3 children.
- Each group has their own skipping rope, a few cones, and hula-hoops.
- Each group makes a maze on the floor that they must hop through.
- Once all groups have tried hopping through their own maze, they switch with other groups and try the other mazes.

Wrap-up (1 - 2 minutes)

Why are arms important in hopping and landing?

TIPS FOR INSTRUCTION

- When children are hopping forward, they can swing their non-hopping “bent leg” to jump further. This is called “hitch-kick”.
- If a child is not hopping very high, give them an object to hop over (e.g. line, rope, stick, small cone, mini-hurdle).
- If a child has trouble alternating feet, encourage the child to hold their non-hopping foot until they are comfortable with the hopping motion.

CUES

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