

ACTIVITY PLAN 25 – HOPPING FUN

Aim

To develop hopping and jumping skills

Age

3–5 years

Equipment

Circle mats

Alternate Equipment Options

Masking tape or carpet squares

Area required

Indoor or outdoor space of suitable size

Time

Five minutes

How?

Set up a line of three single mats and three double mats (side by side) for every child participating. Set up this line of mats in a circular fashion so that when a child finishes one set of 3 hops and 3 jumps, they are ready to start the next set.

Demonstrate hopping on one leg and jumping (two legs) and ask the children to copy. Then use the line of mats and demonstrate hopping from single mat to single mat, using a jump when you reach the double mats.

Hop, hop, hop if you feel you want to.

Hop, hop, hop if you feel you can.

Hop, hop, hop if you feel you want to

Hop, hop, hop if you feel you can.

Change the word of each verse from “hop” to “jump”.

Easier

Ask the children to hop on the spot with you holding their hand or while they are holding the back of a chair.

Ask the children to jump from two feet and land on one foot.

Ask the children to hop hand in hand with another child from one marker to another.

Harder

Move the circle mats further apart.

Ask the children to hop or jump in different directions (forwards, backwards and sideways).

Key points

Ensure children use both legs for hopping. At first, they may be better on their preferred leg, but it is important to encourage them to develop skills on both legs.

Skills involved in hopping:

- Start with balancing on one leg and bending the non-support leg
- Swing the non-support leg forward like a pendulum to produce swing keeping the non-support foot behind the body
- Keep the arms bent and swing them through to produce forward momentum
- Try to take off and land four consecutive times on the preferred, then non-preferred foot.

Skills involved in jumping:

- Start by standing with feet shoulder-width apart on the line
- Bend the knees
- Bring arms behind the body
- Push off with the feet
- Extend the legs with force
- Swing the arms forward and upwards during the jump and land with them out in front for balance.