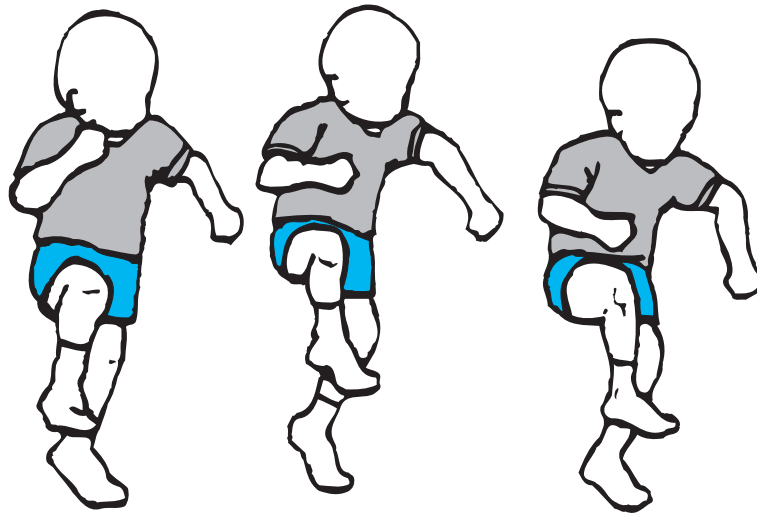
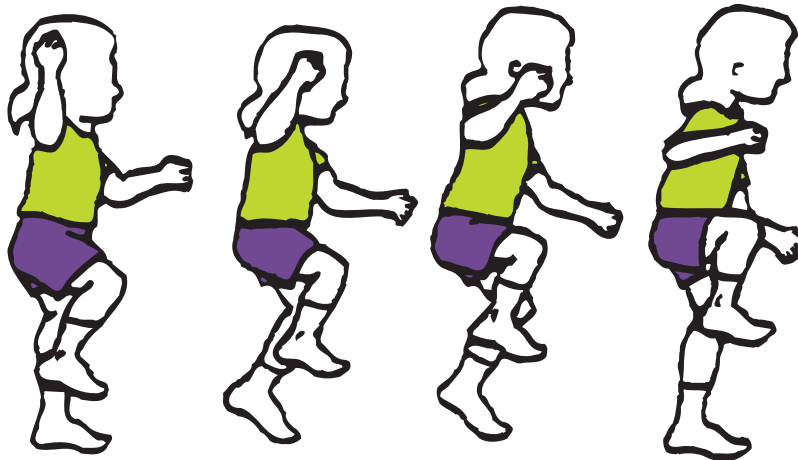


I. Hopping	
A Initial stage	<ol style="list-style-type: none"> 1. Non-supporting leg flexed 90 degrees or less 2. Non-supporting thigh roughly parallel to contact surface 3. Body upright 4. Arms flexed at elbows and held slightly to side 5. Little height or distance generated in single hop 6. Balance lost easily 7. Limited to one or two hops
B Elementary stage	<ol style="list-style-type: none"> 1. Non-supporting leg flexed 2. Non-supporting thigh at 45-degree angle to contact surface 3. Slight forward lean, with trunk flexed at hip 4. Non-supporting thigh flexed and extended at hip to produce greater force 5. Force absorbed on landing by flexing at hip and by supporting knee 6. Arms move up and down vigorously and bilaterally 7. Balance poorly controlled 8. Generally limited in number of consecutive hops that can be performed
C Mature stage	<ol style="list-style-type: none"> 1. Non-supporting leg flexed at 90 degrees or less 2. Non-supporting thigh lifts with vertical thrust of supporting foot 3. Greater body lean 4. Rhythmical action of non-supporting leg (pendulum swing aiding in force production) 5. Arms move together in rhythmical lifting as the supporting foot leaves the contact surface 6. Arms not needed for balance but used for greater force production
II. Developmental difficulties	
<ol style="list-style-type: none"> A. Hopping flat-footed B. Exaggerated movement of arms C. Exaggerated movement of non-supporting leg D. Exaggerated forward lean E. Inability to maintain balance for five or more consecutive hops F. Lack of rhythmical fluidity of movement G. Inability to hop effectively on both left and right foot H. Inability to alternate hopping feet in a smooth, continuous manner I. Tying one arm to side of body 	

Initial



Elementary



Mature

