

EVERYONE CAN

Assessment Item: HOP

Equipment and Space Requirements:

- Students wear gym shoes or running shoes.
- Use cones, tape, or jump ropes to mark the start and finish lines of a 20-foot (6-m) straight-away course in an indoor gymnasium or outdoor track or playground (skill level 2) and 20-foot (6-m) course with two 180° turns (skill level 3).

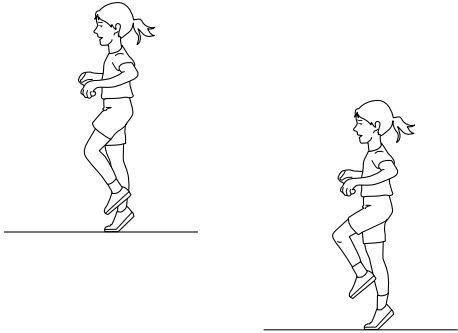
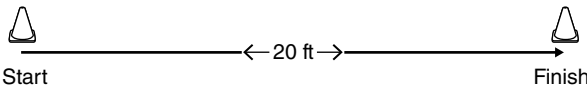
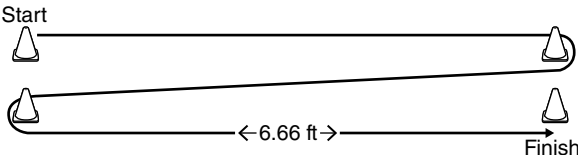

Skill Levels	Focal Points
<p>1. Demonstrate the mature hop.</p> 	<p>The student demonstrates the following focal points for the mature hop while hopping consecutively 5 times leading with the right foot and 5 times leading with the left foot; on two of three trials.</p> <ol style="list-style-type: none"> Stand facing forward, weight on hopping foot, body upright with weight balanced over hopping foot, nonsupport foot carried near midline of body with knee slightly flexed so the nonsupport foot is no more than 6 inches (15 cm) from the floor. Hop forward with a one-foot pushoff, landing on the same foot, repeating cycle. Lift both arms in front of the body coordinated with the one-foot pushoff, elbows bent about 90°. Smooth integration (not mechanical or jerky) of the above focal points.
<p>2. Demonstrate the mature hop changing speeds.</p> 	<p>The student with a mature hop (skill level 1) demonstrates changing speed by accelerating and decelerating twice across a 20-foot (6-m) course on two of three trials.</p> <ol style="list-style-type: none"> Stride rate increases when accelerating and decreases when decelerating. Stride length decreases when accelerating and increases when decelerating.
<p>3. Demonstrate the mature hop changing directions.</p> 	<p>The student with a mature skip (skill level 1) who can change speeds (skill level 2) demonstrates changing direction to the right and left, skipping at a moderate to fast speed, on a 20-foot (6-m) course with two 180° turns; on two of three trials.</p> <ol style="list-style-type: none"> Change speeds by decelerating into turn and accelerating exiting the turn. Body lean to the inside of the turn. 

Figure 6.2 Everyone Can! assessment for the mature hop.

From Horvat, M., Kelly, L.E., Block, M.E., and Croce, R., *Developmental and adapted physical activity assessment*, 2nd ed. (Champaign, IL: Human Kinetics, 2019). Reprinted, by permission, from L.E. Kelly, J.A. Wessel, G.M. Dummer, and T. Sampson, 2010, *Everyone can!* (Champaign, IL: Human Kinetics). Illustrations reprinted from J. Wessel, 1976, *I CAN: Object control* (North Brook, IL: Hubbard Scientific Company), 89. By permission of J. Wessel.