

FOCUS►

HOPPING

Materials and Equipment

- Drum for signal
- Whiteboard or flipchart for recording

Introduction

If I watched your class during recess outside, how many different ways to move would I see? (List students' answers on the board: running, walking, jumping, hopping, and so on.) These ways to travel are called locomotor movements; they are used in games, dance, and gymnastics.

Focus on the locomotor movement to be introduced today with links to games that students play at recess, in sports, and in dance and gymnastics when applicable.

The locomotor for today is hopping: up and down, same foot, one to one.

Critical Elements for Hopping

- Take off on one foot and land on the same foot.
- Upward push and absorption of landing shock is accomplished by the ankle.
- Arms push up and down (to lift and for balance).
- Knee seldom straightens fully.

LEARNING EXPERIENCE: HOPPING IN SELF-SPACE

Hopping up and down in self-space, landing on the same foot each time

- Five times on the preferred foot, five times on other foot
- Hopping on one foot until the drum signal and then hopping on the other foot. (Remind the children to switch to the other leg for hopping when tired.)

LEARNING EXPERIENCE: HOPPING IN GENERAL SPACE

Traveling in general space by hopping.

Safety Check: Hop in a forward direction only.

- Hop five times preferred foot, five times other.
- Hop on one foot until signal for switching to other foot.

Assessment

Observe students who have difficulty lifting the foot from the floor or maintaining movement on the same foot, or who lose balance.

Closure

- What locomotor movement did we introduce today?
- Do rabbits hop? Kangaroos? They actually jump—they use two feet and legs to rise up off the ground, not one, as in hopping—even though the books we read call what rabbits and kangaroos do hopping. How is hopping different from jumping?

Reflection

- Can students hop in self-space without losing balance?
- Can they travel forward, hopping in general space while maintaining their balance?
- Can they maintain the hopping action on both the preferred and the nonpreferred foot for three or more hops?