

HOPPING

with Kenny the Kangaroo

for pre-schoolers 3-5 years

DESCRIPTION

Hopping is the action of balancing and jumping on one foot. Arms are used for distance and balance.

POINTS TO REMEMBER

- 🐾 Before starting the games take a few moments to go over the key teaching cues for hopping
- 🐾 Start with the 'Who can hop like Kenny the Kangaroo?' activity and if a child is having difficulty hopping try breaking the skill into simpler actions
- 🐾 Offer your hand for physical support. Some children may find it easier to start jumping on two feet and then moving on to one leg
- 🐾 Use music to encourage rhythmic movements
- 🐾 In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of hopping
- 🐾 Don't forget to warm up and cool down
- 🐾 Demonstrate the skill so that everyone can see
- 🐾 Positive feedback is the key – have fun detecting and correcting!

TEACHING CUES



- 1 Stand up straight and see how long you can balance on one leg then try the other
- 2 Bend one leg so your foot is behind you
- 3 Swing your arms backwards and forwards
- 4 Hop as far forward as you can
- 5 Try again but remember to keep your bent leg behind you!

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WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

Hot Potato or The Chicken Dance.

WHO CAN HOP LIKE KENNY THE KANGAROO?

Game Set Up

Children spread out in a defined area

Activity

-  On the Spot
-  Quietly
-  Loudly
-  Fast
-  Slow
-  In a straight line
-  On the other foot

Kenny says "Don't forget to use the FMS lanyard to help you detect & correct!"



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CROCODILE HOP

Uses visual cues to develop a pre-schoolers ability to hop.

Equipment

- 🐾 3 crocodile figures or small soft animal toys
- 🐾 'Hopping' Fundamental Movement Skill lanyard

Game Set up

- 🐾 In an appropriate space lay out three 'crocodiles' or small soft animal toys in a row

Activity

Demonstrate the task i.e. walk/run up and hop over the animals, maintaining the hop through the length of the three animal course.

Ask the children to hop around the course using big arm movements. Encourage them to try it using their other foot. Give lots of positive feedback!

HOPSCOTCH

Game Set Up

Chalk to draw a hopscotch court

Activity 1

Introduce the children to the game of hopscotch by first exploring the pattern and sequence. Practice moving along the court; hop (1), hop (2), hop (3), jump (2 feet on 4 & 5), hop (6), jump (2 feet on 7 & 8).

Activity 2

When children are familiar with the hopscotch court and able to follow more rules and instructions try this advanced variation. The child throws a pebble into a square; they then hop into each square, hopping over the square where the pebble is located. Once they arrive at the end they turn around and complete in reverse, picking up the pebble on their way. Children will need to balance to pick up the pebble and should remember to jump with both feet on squares 4 & 5 and again for 7 & 8.



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HOPPING FUN

Use a song and visual cues to practice hopping.

Equipment

🐾 Circle paper/cardboard templates

🐾 'Hopping' Fundamental Movement Skill lanyard

Game Set up

Place the circle templates out in a clearly defined area

Activity

Ask the children to practice hopping with you. Use circle templates to create targets, encourage children to hop to each target. Make sure they try hopping on both legs. As children become more confident encourage them to go faster. Make it fun by singing a song, e.g.

**'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!'**

RIVERS AND PUDDLES

Equipment

🐾 Chalk

🐾 Skipping ropes

🐾 Hoops or circle templates

Game Set up

Create a course using the skipping ropes or chalk for rivers and hoops or templates for puddles

Activity

Demonstrate to the children by hopping into, out of or over the river and over or around the puddles

COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

Transition songs or stories make great cool down activities, try: Wriggle your toes.

Have children lie on their backs and breathe deeply as you sing the song ask them to focus on the specific body part while keeping the rest of their body very still.

**Wriggle your toes in the sun,
Lovely and warm, lovely and warm,
Repeat with a different body part each time.**

