

HOPPING



Hopping

Development

Hopping is a more advanced skill than jumping as it requires balance and strength. Children between the age of 5 and 7 should show marked improvement in speed, control and technique. Hopping is a good indicator of being able to maintain balance while moving, which is often referred to as dynamic balance. This is a difficult skill for Kindergarten children who still may be learning to jump.

Skill Criteria Checklist:

| | |
|----|--|
| 1. | Support leg bends on landing, then straightens to push off |
| 2. | Lands and pushes off on the ball of the foot |
| 3. | Non-support leg bent and swings in rhythm with the support leg |
| 4. | Head and trunk stable, eyes focused forward |
| 5. | Arms bent and swing forward as support leg pushes off |
| 6. | Able to hop on both left and right legs |
| 7. | Support leg bends on landing, then straightens to push off |

TEACHING STRATEGIES

Beginners (at the emergent level of hopping skill development)

- Focus on skill criteria number 1 & 2
- Start by practicing balancing on one leg
- Hold hands with child when attempting to hop to help with balance
- See how many hops in a row
- Try hopping through and around obstacles
- Have a go hopping on the other leg
- Play games such as Wicked Witch and What the Time Mr Wolf



Developing

- Encourage children to achieve greater distance in their hops by hopping over obstacles such as hoops or small cones
- Introduce the use of the arms to generate power
- Hopping can be very tiring so break activities up with running, side stepping, skipping etc.
- Play hopping games such as Hopping Dodge Ball and Rob the Nest with hopping obstacles

Acquired/accomplished level

- Try out some Hopping Patterns, children can follow feet markers (L, L, R, L, R, R, R)
- Introduce Hop, Step and Jump into a long jump pit
- Play some hopping games - Stork Tag

Teaching Cues

- ✓ Quiet landings (bend ankles, knees and hips)
 - ✓ Bend your leg to push off
- ✓ Head up and eyes forward (look towards where you are hopping)
 - ✓ Swing & spring

Common Errors

- ✦ Unable to maintain balance for consecutive hops
- ✦ Landing with stiff ankles, knees and hips – you may hear a slap when they land
- ✦ Hold swing leg stiffly to front, side or back
- ✦ Arms not actively moving to assist the action

