

# Hopping

There is a natural learning progression for locomotor skills with children needing to be able to walk before they can run. This also goes for jumping and hopping. Most children will have the ability to be able to hop around 3-4 years old, but they need to be able to jump correctly first. It is important that we teach the children the correct techniques to be able to jump and hop correctly.

## General Overview of the 'Hop'

The hop is a continuous skill and involves taking off and landing on the same foot. Only one foot is used to lift the body and a smaller base of support is involved. Therefore, greater leg strength and dynamic balance is required for hopping than jumping.

It is an important skill to develop and acquire for safe body management, for example when you are pushed off balance or 'lose your footing'. Jumping and landing when catching the ball in netball, completing a basketball layup, playing the many forms of hopscotch, performing the triple jump and doing many dances all require the skill of hopping.



## Hopping Activities (Under 5s)

Show them how to stand on one foot, holding them to help them balance. While they stand on one foot lift them up and down to show them what it means to hop. As they hop try a hopping song:

Hop on your right foot Hop on your left foot Jump on both feet That is best Wave with your right hand Wave with your left Nod your head and take a rest.	Hop little rabbit, hop, hop, hop.  Hop little rabbit don't you stop.  Hop little rabbit, one, two, three.  Hop little rabbit, hop to me.
--	--

### Try hopping:

- On the spot
- Back and forth along a line
- Over small bean bags
- In and out of hoops
- Over a rope
- Around obstacles

Set up some feet pictures or spots and get the children to hop along them.

Hopscotch - to make it easier offer a hand, the back of a chair or a broom handle held onto by an adult.