

Spar Lancashire School Games

Learn!

Skill 3: Hopping

Aim: To master the fundamental movement skill of hopping, to hop with speed and efficiency

To see the skill in action:



Task 1: Practice the skill, try it on both legs

Task 2: Practice makes perfect - play the following game with a parent, carer or sibling

[Video Demonstration](#)

Skill/ Skills	Activity	How to Play	Equipment
Hopping	<p>Hopping Rabbits</p>	<ul style="list-style-type: none"> Line up 5 soft toys at the start marker Take 10 big steps forward to set your finish marker Take one toy at a time to the finish marker- hopping all the way there Run back to collect the next toy How long did it take? Try again on the opposite leg 	<p>5 x Small soft toys</p> <p>Start and finish markers - use any household object</p>

Points to help improve hopping:

- Bend your leg to push off
- Take off and land on the same foot, landing on ball of foot
- Push off from your toes during take off
- Look ahead, use your arms for balance
- Leg drive with non-hopping foot

Now you have practiced this skill why not try out our Challenge!

[Click here to be taken to the Challenge Resource Card:](#)

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Year 1 & 2 Challenge!

Linked to Learn 3 - Hopping

You have been busy practicing your hopping. Are you ready to take part in our challenge?

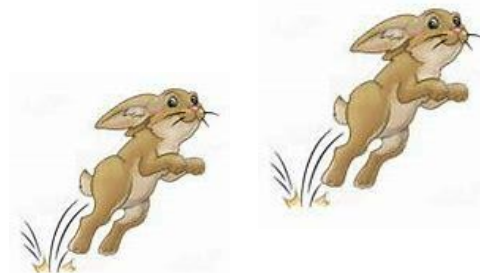
Bunny Hop Bop!

Can you hop like a rabbit? How quick can you hop?

You will need:

A stopwatch/phone timing device

Start and finish markers - any household object will do



- Place a starting marker on the floor
- Take 10 big steps forward and place a finish marker on the floor
- How quick can you hop to the finish marker and back?
- Ready Steady Go!
- On your right leg hop to the finish marker
- Change legs (left leg) and hop back
- How long did it take?
- See if you beat your first time?
- See if you beat a parent, carer or sibling?

[Video Demonstration](#)