

Name:

Date Assigned:



## FUNDAMENTAL MOTOR SKILL: HOPPING

ACTIVITY: *Seal Hop*<sup>5</sup>

*Indigenous Cultural Activity*

### Description:

1. Children spread out throughout the playing area. The leader is the hunter; the children are the seals.
2. The children perform the following actions based on the call from the leader:

Hop → hop on one foot

Seal → assume a seal-like position

Hunt → balance on one foot

### Number of participants



Small Groups

**History:** The Seal Hop is a race where competitors move from a starting to a finishing line in a seal-like position. This seal-like position is a lowered push-up with hands flat on the floor at a 45-degree angle and foot placed over the other foot. Competitors travel using only their hands and toes keeping this position throughout the race. The competitor who can keep this position and travel the distance first is the winner.



### Skills

**Physical:** coordinated hopping, balance, upper and lower limb coordination

**Cognitive:** auditory processing

**Social:** awareness of personal space

### Equipment

- None

### Goal examples:

- I will be able to hop 10 times continuously on one foot when the leader calls 'Hop' within two-weeks.
- I can balance and hop on one leg.

**My personal goal:**

<sup>5</sup> Brooks-Cleator, L., Giles, A., & Johnson, A.M. (2018). *Fundamental Movement Skills: Active Start and FUNdamental Stages Featuring Indigenous Peoples Games. A handbook for generalists and physical education teachers, coaches, and recreation leaders, as well as others tasked with teaching motor skill development*

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Next Check-In Date:

**FUNDAMENTAL MOTOR SKILL: HOPPING**

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**Modifications**

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none"><li>Have the leader give only one command to decrease <b>cognitive demand</b></li></ul>	<ul style="list-style-type: none"><li>Have a spot to which the child needs to hop when the leader calls 'Hop' to increase <b>physical and cognitive demand</b></li></ul>

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