

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: HOPPING

ACTIVITY: *Explore the Hop*¹

Description: Children hop in different ways (hop in place on right/left foot, hop side-to-side, hop forward, hop backward, hop forward and swing your arms, hop forward and keep your arms still, hop to the drumbeat, hop 5 times in a row and change feet, hop with hands on hips, hop with hands behind head, hop with arms straight out at the sides, hop with arms straight out in front, hop quickly, hop slowly, hop and turn in place, hop while holding non-hopping leg, hop-jump sequence, hop with eyes closed, hop forward in a straight line, hop in place 10 times in a row then hop forward 10 times, hop 3 times on one foot then switch, hop without using arms, hop in rhythm with a partner, hop while bouncing a ball, hop in different patterns on the floor, hop softly, hop back and forth over a line, turn around while hopping in place).



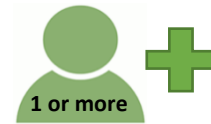
Adapted from: <https://www.youtube.com/watch?v=7WgzHOQGgYw>

Goal examples:

- I will be able to hop on one leg in one spot 10 times in a row for 2 out of 3 tries.
- I can hop in different ways.

My personal goal:

Number of participants



Skills

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

Cognitive: sustained attention

Social: awareness of personal space

Equipment

- None

¹ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNdamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.

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Next Check-in Date:

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Modifications

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none">Have the child hold an adult's hand for balance to decrease physical demand	<ul style="list-style-type: none">Have the child try the activity on softer surface (i.e., grassy field) to increase physical demand
Change the task	
<ul style="list-style-type: none">Allow the child to take a rest break every 30 seconds to decrease physical demand	<ul style="list-style-type: none">Challenge the child to create a sequence of different hops to increase cognitive and physical demand

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