



# Skill Card 5

## Teach Kids to Hop

Hopping is a continuous rhythmical skill, characterised by taking off and landing on the same foot. It is used in many dance forms, in athletics in the triple jump and in many playground games, such as hopscotch. It is a good indicator of being able to maintain balance while moving, which is often referred to as dynamic balance.

### What to look for:

- Support leg bends on landing, then straightens to push off
- Lands and pushes off on the ball of the foot
- Non-support leg bent and swings in rhythm with the support leg
- Head stable, eyes focused forward throughout the jump
- Arms bent and swing forward as support leg pushes off



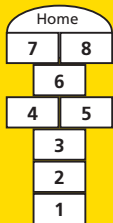


# GAMES CARD

# 5

## Fun Hopping Games

**Hopscotch** (♣♣♣♣) – Just as much fun now as it was when your grandparents played it! Show your kids how. Need a reminder?



Find a piece of concrete and draw this on with some chalk or use masking tape inside on a rainy day. Each player needs a pebble or bottle cap etc. Throw your pebble into the first square, if you miss your turn is over. Hop on every square, missing the one with the pebble, and hop back.

Pick up your pebble (still on one foot) on the way back. Repeat for all squares. If you step on a line, miss a square, touch the ground with your other hand while your picking up your pebble, or fall over your turn is over. Next turn start where you left off. First to complete the lot wins.

**Hopo Bumpo** (♣) – In a confined area with a friendly fall surface attempt to be the last one hopping (no limit on participants). Holding one foot up behind you with one hand you need to keep hopping, not put your foot down or fall, and stay within the play area. Reasonable bumping is allowed to topple other participants. You can't use your free arm to push!

**KEY:** ♣ = can be played by one person, ♣♣ = needs more than 1 player,  
♣ = some equipment needed, • = organisation required,  
♣ = can be played inside