

SKIPPING

with Holly the Horse

for pre-schoolers 3-5 years

DESCRIPTION

Skipping is a forward movement involving a step-hop on one foot, and then transferring weight to the other foot to repeat the pattern.

POINTS TO REMEMBER

- U Before starting the games, take a few moments to go over the key teaching cues for skipping
- U Start with "Who can skip like Holly the Horse?" activity
- U If a child is having difficulty skipping try breaking the skill into simpler actions
- U Don't forget to warm up and cool down
- U Demonstrate the skill to small groups of children and then explicitly teach each component of skipping
- U Positive feedback is the key - have fun detecting and correcting

TEACHING CUES

- 1 Step forward and hop once on that foot
- 2 Repeat the step-hop with the other foot
- 3 Make your movements bigger by bending your arms and moving the opposite arm to leg
- 4 Try to do this four times without stopping!



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WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

Here We Go Round the Mulberry Bush.

WHO CAN SKIP LIKE HOLLY THE HORSE?

Game Set up

Children spread out in a defined area.

Who can skip?

U In a straight line

U In a zig-zag

U Slowly

U In a circle

U On the spot

U Fast

Holly says "Don't forget to use the FMS lanyard to help you detect & correct!"

SKIPPING AROUND

Equipment

This activity can be run with no equipment but you may like to use a CD player with related music or a drum/tapping sticks to create rhythm.

Game Set up

Children spread out in a defined space.

Activity

U Use tapping sticks (or clap) to create a skipping rhythm

U Sing to the tune of "Ring Around the Rosie" and instead of children joining hands, have them skip in a circle:



Ring around the Rosie

A pocket full of poises

A tissue! A tissue!

We all fall down!



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BIRTHDAY PLUMS (FROM GREAT GRUB CLUB)

Equipment

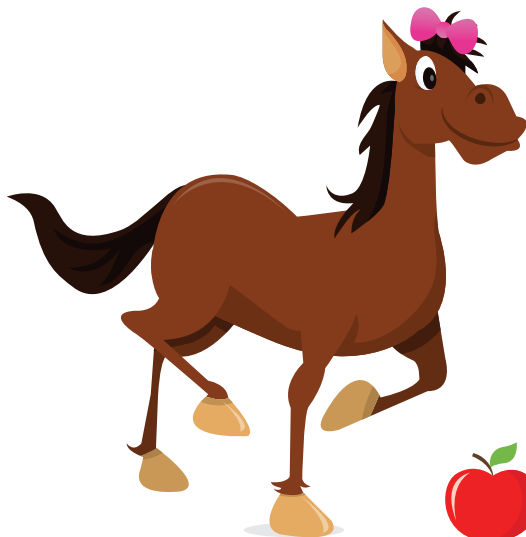
- U Pictures of apples, bananas, strawberries and plums (could be laminated pictures, cut from cardboard or drawn with chalk).

Game Set Up

Spread fruit pictures in a circle, straight line or in different directions.

Activity

- U Get children to skip along the path of fruit while the non-skippers sing:
Apples, bananas, strawberries and plums
Tell me when your birthday comes!
- U The non-skippers say the months of the year (January, February, March, etc.) and then the skipper stops when their birthday month is announced.
- U Other fruits can be used but keep the plums in so the song rhymes!



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FRUIT AND VEGETABLE RELAY RACE

Equipment

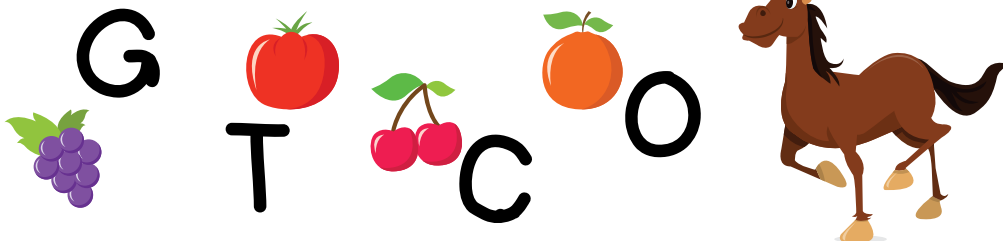
- U 3-4 small baskets containing 5-6 letters of the alphabet (include different letters in each basket).
- U Pictures of various fruits and vegetables that start with the letters in the baskets. Have at least 2 fruits/vegetables that start with the same letter.
- U Blu-tack.

Game set-up

- U Display the letters of the alphabet on a wall or fence.
- U Spread out fruit and vegetable pictures in front of the displayed alphabet letters.
- U At the other end of the space/room, split children into groups and line them up behind each basket.

Activity

- U Have children at the start of the line randomly select a letter from the basket.
- U The children skip towards the pictures and select one fruit or vegetable that begins with the letter they selected. Have the children stick their picture under the corresponding alphabet letter on the wall, using the blu-tack.
- U Once each child has stuck their picture on the wall, they skip back to their group and tag the next child in the line who repeats the same process.
- U The first group who finishes all the letters in their basket wins! Check that the groups have selected the correct fruits and vegetables according to their allocated letters.



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SKIPPING SONGS

Equipment

No equipment is needed, but you may like to use some props that include child-friendly items related to the song lyrics (e.g. blue crepe paper for rain, toy hammers, fruit models).

Game set-up

Have children form a circle or spread out in an appropriate space.

Activity

Incorporate skipping into the following song which is sung to the tune of "It's Raining, It's Pouring":

The children are skipping
Listening to the raindrops dripping
Splashing in the puddles, playing in the mud
But the children are happy and giggling!

The children are skipping
The builders are chipping
Nails, hammers and planks of wood
Making a house for a family to live in!

The children are skipping
They go outside for some fruit picking
Strawberries, oranges and sweet apples
Their tummies will be cheering!

COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

Transition songs or stories make great cool down activities, try: A Sailor Went to Sea

Encourage children to march on the spot in time to the song or make big circles through their head/neck, shoulders, wrists, hips and ankles. Sing the song slowly to ensure that the children's movements are not rushed.

