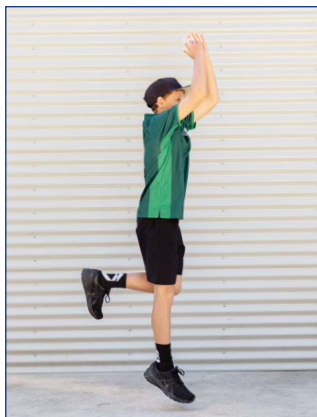
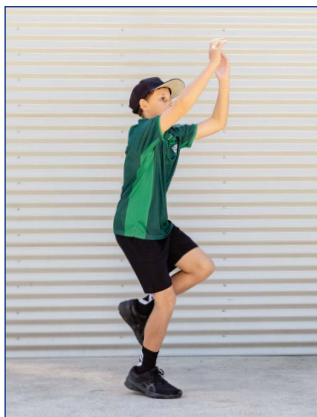


Hop



Skill components

(Introductory components marked in **bold**)

1. Support leg bends on landing, then straightens to push off.
2. Lands and pushes off on the ball of the foot.
3. **Non-support leg bent and swings in rhythm with the support leg.**
4. **Head stable, eyes focused forward throughout the jump.**
5. Arms bent and swing forward as support leg pushes off.
6. Can hop on both left and right legs.

Teaching cues

- Bend your leg to push off.
- Land on the front (ball) of your foot.
- Land softly (bent ankles, knees and hips).
- Head up and look ahead (towards where you are hopping).
- Swing and spring.

Common errors

- Unable to maintain balance for consecutive hops.
- Landing with stiff ankles, knees and hips.
- Holding the swinging leg stiffly to the front, side or back.
- Arms not actively moving to assist the action.



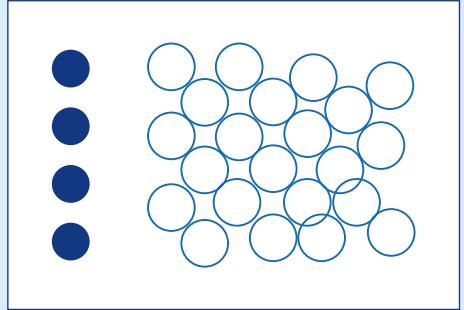
Game: Lilypad hop



Set-up

- Randomly place small hoops (lilypads) around a 10m x 10m area (pond).
- Place a line of markers on one side of the hoops.

Tip: use hoop clips to keep the hoops together.



Equipment

- Cones or markers
- Small hoops
- Hoop clips

How to play

1. Students line up behind the line of markers.
2. On the teacher's signal, "Go!", one student from each line begins hopping on one foot from hoop to hoop (lilypad to lilypad) to cross the pond.
3. Send the next group after the first group has hopped forward a few times. Keep sending the students in quick succession to avoid waiting time.
4. When all the students have crossed the pond, repeat.

Variations

Make it easier

- Change the type of movement to cross the pond such as walk, run, jump, leap or hop.

Make it harder

- Add new challenges with each round such as students can't jump in hoops with beanbags in them or hop using only the left leg.
- Hop around the pond without losing balance on both legs.