



Vranch House

IDEAS TO TEACH HOPPING AND SKIPPING

Ideas to teach hopping:

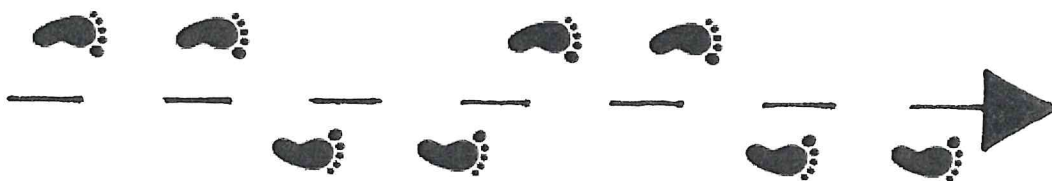
1. Supported by a helper, resting arms on forearms, the child jumps on the spot two feet together.
2. Without support, standing on a mat, the child jumps once on the spot.
3. Support as in 1. The child balances on one foot, and hops on the spot one, two or three times.
4. Using a table or chair back for support, the child balances on one foot. Ask the child to hop a number of times.
5. Practise activities three and four on the other foot.
6. Hop, moving forward for a nominated number of hops.
7. Using chalk marks close together on the floor, hop from mark to mark. This should be practised until the hopping begins to look smoother.

Ideas to teach skipping:

1. Chalk two footprints close together. Balance on one foot on the first footprint - hop to second. Repeat using the other foot.
2. Make four footprints together on either side of a line but close to it. Stand on one foot on the first footprint - hop to the next. Change to the other foot on the third footprint, and hop to the next.



3. Mark the floor as shown below. Repeat activity two in a long line.



This will be stilted initially. Rhythmic voice patterns can be used to encourage fluidity of movement. Build up a good "skipping" rhythm.