



Year 1 & 2

Week

Hopping

This week in P.E. we will be looking at 'Hopping'.

Try these activities at home during your scheduled P.E. lessons



Key teaching points for hopping

Take off and land on the same foot, pushing off from the ball of the foot	The support leg swings in rhythm with jumping leg	Bend the support leg slightly on landing and straighten on take off	Arms bent at the elbow, swing back together then vigorously forward and upwards to assist the leg action in providing force	Head and trunk should be stable with the eyes focused forward	Practise on both right and left legs to become proficient on both
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1 In a safe space practice hopping - watch the video clip and try to focus on your technique when hopping.

2 Place a sock on the floor. Hop up and down on it. Make sure you have a go with each leg!

Can you hop forwards/backwards off the sock?

Can you jump sideways off the sock?

Can you hop over the sock?

Can you hop and turn in the air - making a quarter turn/half turn/full turn?

Can you hop as high as you can? Can you hop as far as you can?

Can you hop over a small cuddly toy?

3 Hopping Patterns

Hop on the spot following these patterns: (R = right foot, L = left foot).

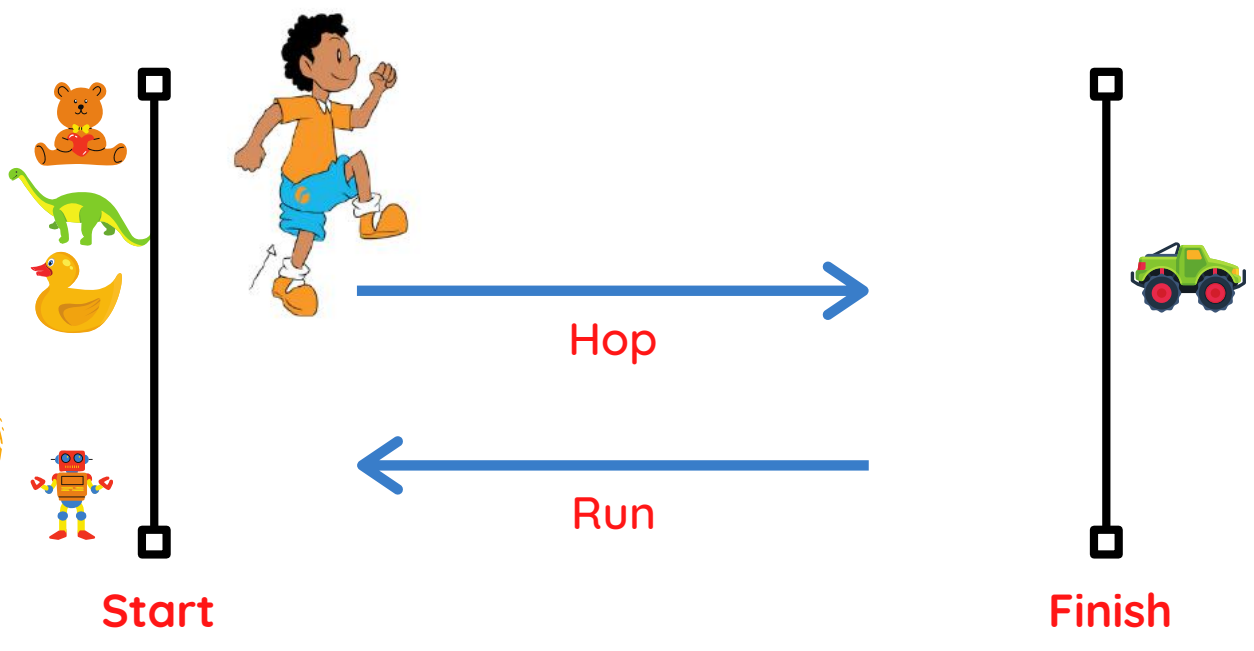
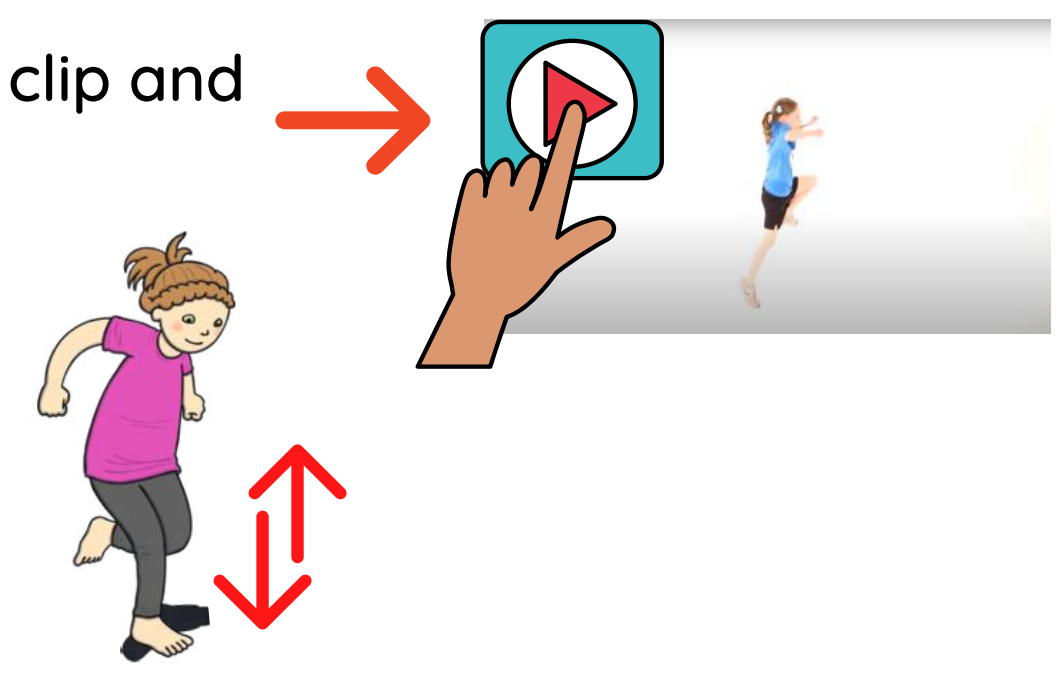
★ RRR ★ LLL ★ RLR ★ LRL ★ RRL ★ LLR ★ LRLR ★ RLRL ★ RLLR ★ LRRL

Design your own hopping pattern - can you do a pattern with more than 4 hops?

4 Hopping 'Toy Rescue' Relay

Line up 5 soft toys at the start line. Take 10 big steps forward to set your finish line. Take one toy at a time to the finish line, by hopping all the way there. Run back to collect the next toy. Repeat until no toys need rescuing! How long did it take you?

Try again but hopping on the opposite leg.



Can you think of any other fun challenges that you can do to practise your hopping?

[CLICK HERE](#)

to try a fun interactive jumping/hopping game!

