

As they progress
Locomotor

Hopping

Hopping is a continuous skill that involves taking off and landing on the same foot. Hopping may occur on the spot or travelling. Hopping is an important feature in basketball lay up and the triple jump.

1 Lift one leg, bending knee

2 Bend the knee of the supporting leg



3 Drive elbows backwards



4 Push from the ball of the foot, swinging arms forwards and upwards



5 Land softly on the ball of the foot; and take-off, bending at the knee



6 Keep the head up and look forwards



If you see...	Observation	Likely cause	Solution
Hops flat-footed	Lands on heels rather than toes. Step onto the toe	Take-off from ball of foot, bend knees, travel light footed. Practise activities that develop stepping and extending/reaching off tip-toes	
'Chicken wings' or arms used in opposition	Both arms are moving forward or backward together. Arms may be up by their shoulders	Arms assist with movement. Drive with both arms as hop onto the leg. Practise swinging action of arms	
Momentary flight	Hopping leg is far too straight and the non-hopping leg is passive and does not swing through	Step onto hopping foot and drive up onto toes. Use the non-support leg to drive up with the knee	
Leg and arm action not synchronised	Balance lost after a couple of hop steps. The support leg tends to be behind the body	Ensure that the body does not lean forward too much and the body gets too advanced on the landing foot. See if the child can hop and spot the landings	
Non hopping leg constantly hits the floor	Not aware of non-hopping leg	Non-hopping leg needs to be held up off the floor	
No distance or height achieved by the hop	Lack of arm action	Practise arm action	

Opportunity to develop:
 Coordination - Control - Strength
 Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

Safety!
 Ensure...
 children do not perform too many consecutive hops
 children bend their knees on landing
 children do not land on hoops
 the surface is safe/appropriate

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Can you see...?

The child's supporting leg bending on landing and then straightening to push off?

The child taking off and landing on the front foot?

The child's swinging leg moving in rhythm with the hopping leg?

The child hopping successfully on both legs?

The child's head and trunk stable and eyes forward?

The child's arms bent and assisting with balance?

The child's arms both moving in opposition to assist with forward movement and balance?

The child hopping over a short distance?



- Stand on one foot, lift heel off floor
- Stand on one foot as heel is lifted off floor swing arms to reach high
- Step onto the hopping foot. Step onto tip toes and reach up high. Use the other leg to give extra height
- Step onto the hopping foot, bend at the knee, pushing off and reaching up onto the toes. Step onto the hopping foot and swing the knee of the other leg forward

- Step onto the hopping foot, bend, reach up and do a little jump at the end of it
- Bounce up and down with small jumps like a bouncing ball. Lean to one side (right) and do small bounces on one foot and then the other by leaning the other way
- Step onto the hopping foot and swing the knee of the other leg forward
- Step onto the hopping foot, swing the knee of the other leg forward and drive both arms upwards



mostly x's
✓ and x
mostly ✓'s



- Hop over a set of ropes, chalk markings, cones
- Hop within a hoop or on a coloured spot. Try and stay on the spot or within the hoop
- Step-hop routine to the beat of a musical instrument. Step, hop. Step-hop moving around the room

- Hop across a rope/chalk line/ cone and land on the same foot
- Step onto the hopping foot, swing the other leg forward, drive both arms upwards and jump up
- Increase number of hops



- Run and hop, jump and hop
- Consecutive hops, being mindful of safety
- Hop over larger obstacles, cones, ropes, toys
- Hop and change direction
- Hop on either leg
- Hopping patterns



- Hop in different directions and at different speed, then in response to a range of cues
- Hop forwards, backwards and sideways remain still on landing, use left and right variations
- Hop in different ways by responding to a range of cues, for example lifting knee in hop, hopping from spot to spot, etc.