GetActive@Home

Episode 2 - Hopping

MĂŒr ñʌĂîÑn

>ţĂÄÑΛîÑr

Perform the following movement activities changing every 5-10 seconds.

- Running on the spot (fast, slow, high knees).
- V-sits.
- Jumping quarter turns, half turns.

Mega Challenge

- Using a combination of small and big hops create the outline of letters or shapes on the ground.
- Hop between two markers carrying a piece of equipment or object from one marker to the other.

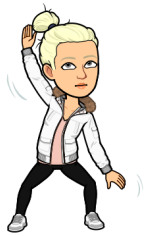
Creative Challenge

- Combine movements from the first challenge with hopping movements.

ÃʌţÑŒ ẅĂŒ¢Ăʌ¢ɐΛr

With a partner try:

- hopping on the spot while another person completes 10 throws of a ball then change roles
- set up a hopscotch court on the ground using chalk
- skip with a skipping rope only using a hop.



ñʔîîÑrʌÑDZ æE oæM ÃʔʌQɐ ɃÑr

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PDe1-4 performs movement skills in a variety of sequences and situations.

PDe1-11 incorporates elements of space, time, objects effort and people in creating and performing simple movement sequences.

Sample questions:

How do you use your arms to hop higher? (Technical)

How do you land safely? (Tactical)

Why do we put our arms out to the side? (Reinforce)

ÿÑĂQţ¢Λî QʔÑr

Stand on one leg arms out to the side, weight forward (rocket ready).

Bend knee slightly and spring up (rocket explode). Land with knee bent (rocket land).

Mɵʔ¢ɳ ɃÑΛʌ

5 small pieces of items (small soft toy or bean bags), a marker such as a witches hat or shoe.

NSW GOVERNMENT Education

GetActive@Home

Week 4 - Episode 8

Stage 1

Challenges

Perform the following movement activities changing every 5-10 seconds.

- Running on the spot (fast, slow, high knees).
- V-sits.
- Jumping, quarter turns, half turns.

Mega Challenge

- Using a combination of small and big hops create the outline of letters or shapes on the ground.
- Hop between two markers carrying a piece of equipment or object from one marker to the other.

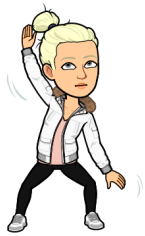
Creative Challenge

- Combine movements from the first challenge with hopping movements.

Ãʌţ Ǹœ ẅĂœ₡Ăʌ₡ɐΛr

With a partner try:

- hopping on the spot while another person completes 10 throws of a ball then change roles
- set up a hopscotch court on the ground using chalk
- skip with a skipping rope only using a hop.



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD1-4 performs movement skills in a variety of sequences and situations.

PD1-11 incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

Sample questions

How do you use your arms to hop higher? (Technical)
How do you land safely? (Tactical)
Why do we put our arms out to the side? (Reinforce)

ÿǸĂǪţ₡Λî ǪʔǸr

Stand on one leg arms out to the side, weight forward (rocket ready).
Bend knee slightly and spring up (rocket explode). Land with knee bent (rocketland).

Mɵʔ₡ɳ Ɓ ǸΛʌ

5 small items (small soft toy or bean bags), a marker such as a witches hat or shoe.

NSW GOVERNMENT Education