GetActive@Home

Episode 2 - Hopping

Stage 2

Challenges

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

- Running on the spot(fast, slow, high knees).
- V-sits, side leans, static balances, arabesques.
- Jumping half turns, full turns.

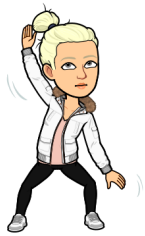
Mega Challenges

- Using a combination of small and big hops create the outline of letters or shapes on the ground.
- Hop between two markers (islands) carrying a piece of equipment (essential item) or object from one marker to the other.
- Vary the distance between the markers and alternate hopping foot.

Other variations

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.
PD2-4 performs and refines movement skills in a variety of sequences and situations.
PD2-11 combines movement skills and concepts to effectively create and perform movement sequences.

Sample questions

How can we get more height from our hop?
Why do we land with our knee bent?
How can we use hopping in different movements?

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Stand on one leg weight on ball of foot (rocket ready).

Bend knee slightly and spring up (rocket explode).

Land with knee bent (rocket land).

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

NSW GOVERNMENT Education

GetActive@Home

Episode 2 - Hopping

Stage 3

Challenges

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

- Running on the spot(fast, slow, high knees).
- V-sits, side leans, static balances, arabesques.
- Jumping half turns, full turns.

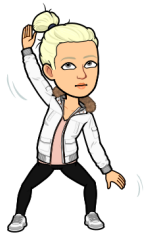
Mega Challenges

- Using a combination of small and big hops create the outline of letters or shapes on the ground.
- Hop between two markers (islands) carrying a piece of equipment (essential item) or object from one marker to the other.
- Vary the distance between the markers and alternate hopping foot.

Other variations

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.

PD3-4 adapts movement skills in a variety of physical activity contexts.

PD3-11 selects, manipulates and modifies movement and concepts to effectively create and perform movement sequences.

Sample questions

How can we get more height from our hop?

Why do we land with our knee bent?

How can we use hopping in different movements?

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Stand on one leg weight on ball of foot (rocket ready).

Bend knee slightly and spring up (rocket explode).

Land with knee bent (rocket land).

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

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