

Introduction

Hopping is a continuous sprint-like action that involves taking off and landing on the same foot. It is an important skill to master for daily life, e.g. if you are pushed off balance or lose your footing. Hopping is used in many practical activities including jumping and landing when catching a ball, playing hopscotch or dancing. Hopping is a very important part of many other fundamental movement skills including skipping, jumping and striking with the foot.



Each activity A, B and C below is accompanied by a video clip. Click on the [▶](#) links below, scan the QR code using your mobile device, or visit www.scoilnet.ie/pdst/physlit to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

Home Activity A

Take off and land on the same foot.

[▶ Click here for video](#)

Home Activity B

Swing the other leg in time with the hopping leg.

Keep their head up and eyes looking forward.

[▶ Click here for video](#)

Home Activity C

Bend their arms like this and swing them to help with the hop.

[▶ Click here for video](#)



Hopping

Click [here](#) to see a video of this fundamental movement skill

Click [here](#) to download a poster for this skill



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Developing the physically literate child through the lens of fundamental movement skills

HOPPING



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Home Activity A

<p>Warm Up</p>	<p>Tidy the socks: Lay out a number of socks/ beanbags on one side of the playing area. Then starting at the other end of the playing area, jog to the socks barefoot. Grab a pair of socks using the toes only and hop to the start. Drop the sock and jog again to the socks and repeat. How many socks can you collect in 60 seconds? Alternatively place a beanbag/sock on one foot and hop to the start.</p>		
<p>FMS Focus</p>	<p>Today when hopping can you focus on...</p> <p>Take off and land on the same foot</p> <div style="display: flex; align-items: center;">  <div style="flex-grow: 1; border: 1px solid #ccc; margin-left: 10px;"></div> </div>		
<p>Hopping Practise</p>	<p>Discover-Hop</p> <p>Description of Activity Pupils find a space in the playing area. Invite pupils to practise hopping in a variety of different ways, using the following prompts:</p> <ul style="list-style-type: none"> • Hop on the spot, forwards, backwards, sideways • Turn in the air and land with knees bent • Hop as quietly/noisily/quickly/slowly as possible - alternating hard and soft landings • Hop over a rope • Hop on and off a movement spot • Hop around the cones • Hop at different levels - as high as you can, with little low hops or at a medium height • Hop as far as you can for distance • Practise hopping with a partner, mirroring their hops. <p>Variations:</p> <ul style="list-style-type: none"> • Use both legs to hop <div style="text-align: center;">  </div>		
<p>Home Challenge</p>	<p>Team Hop Invite the family to play this activity. Line up behind a starting line in the playing area. The first player stands on the starting line and takes three hops as far as they can. The second player places the cone on the ground where the first player landed and takes three hops as far as they can from this point. The cone is moved forward again to where the player landed after taking the three hops. The challenge continues until the group cross a finish line at the end of the playing area. If playing on your own after three hops, place the marker on the ground, pause and then continue to take three more hops.</p>		
<p>PE Journal</p>	<p>When and where do we hop? In your PE journal, describe as many times that you can you can think of when you might need to hop during sporting activities, at home and in the playground.</p>		



▶ [Scan here for video](#)



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Home Activity B

<p>Warm Up</p>	<p>Roll & Hop: Roll a number on the dice and hop accordingly: 1: hop on right foot 2: hop on left foot 3: hop, throw and catch a ball 4: hop and bounce a ball 5: hop over a line 6: hop and clap</p>						
<p>FMS Focus</p>	<p>Today when hopping can you focus on...</p> <table border="1" data-bbox="296 629 1481 871"> <tr> <td data-bbox="296 629 699 871"> <p>Swing the other leg in time with the hopping leg</p> </td> <td data-bbox="699 629 890 871">  </td> <td data-bbox="890 629 1289 871"> <p>Keep their head up and eyes looking forward</p> </td> <td data-bbox="1289 629 1481 871">  </td> </tr> </table>			<p>Swing the other leg in time with the hopping leg</p>		<p>Keep their head up and eyes looking forward</p>	
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<p>Hopping Practise</p>	<p>Hopscotch</p> <p>Description of Activity Arrange pupils in groups of three or four. Give each group pieces of chalk and invite them to draw a Hopscotch grid. Using their grid, groups take turns to play. Each pupil throws a beanbag onto square one, hops over square one to square two and hops up through the numbers in sequence before jumping with two feet on 'Home'. They then hop back down the sequence, pick up the beanbag and hop out. Repeat by throwing the beanbag in square 2, hopping over that square, and so on.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Use both left and right legs when hopping • Vary the locomotor skill when returning home -run, skip, jump, walk, side step • Throw the beanbag/small stone/ bottle cap/ button and hop to the number the object lands on • Use tape or spot markers instead of chalk to make the Hopscotch grid • Try to complete the course in a designated amount of time • Create your own variation of Hopscotch 						
<p>Home Challenge</p>	<p>Hunt the Number: Label a number of household items with numbers 1- 10, Move around the playing area using a skill of choice - walk, run, skip or jump. On hearing ' Hunt the Number' hop around the playing area visiting as many numbers as possible in 60 seconds. Add the numbers together when hopping from item to item to make a specific number. Who can add their numbers to a particular number first? Look at the playing area before beginning to hop, consider a route to hop to reach the highest numbers in the shortest period of time. One player: In 60 seconds what is the highest number you can make by hopping from item to item.</p>						
<p>PE Journal</p>	<p>Design your own game using the skill of hopping. Play it with your family and share it with others</p>						



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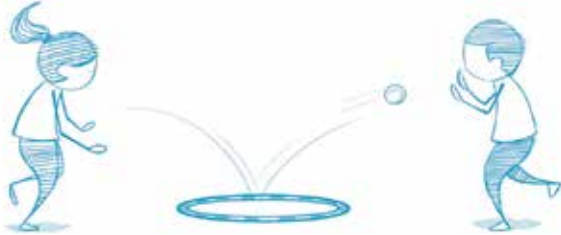


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Home Activity C

<p>Warm Up</p>	<p>Spread out a variety of different colored objects in the playing area, choose three colors and follow these directions: Red - hop Blue - jump Green - step hop (stand on one foot, jump and land on the other foot) Move from object to object to object following these directions. Alternatively use chalk to draw markings on the ground.</p>						
<p>FMS Focus</p>	<p>Today when hopping can you focus on...</p> <table border="1" data-bbox="293 734 1468 981"> <tr> <td data-bbox="293 734 699 981"> <p>Bend arms to make an angle of 90 degrees and swing them to help with the hop</p> </td> <td data-bbox="699 734 884 981">  </td> <td data-bbox="884 734 1286 981"></td> <td data-bbox="1286 734 1468 981"></td> </tr> </table>			<p>Bend arms to make an angle of 90 degrees and swing them to help with the hop</p>			
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<p>Hopping Practise</p>	<p>Hop Ball</p> <p>Description of Activity Arrange pupils in groups of four (two pairs). Give each group a hoop and a tennis ball. Invite each group to place the hoop on the floor in a space, with one pair standing on one side and the other pair standing on the other side. The aim is to bounce the ball in the hoop to be caught by the other pair, while hopping. Once ten successful passes have been completed (caught by the opposite pair), the group can take a break. If the ball bounces away, start again at one.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Hop on both left and right legs. • Make a circle using chalk or a skipping rope • Single player: hop to the circle, hop on the spot, bounce the ball into the circle, ball bounces off the wall and catch the rebound • Use balls of varying size 						
<p>Home Challenge</p>	<p>Hop & Throw Challenge: Spread a number of different obstacles around the playing area to hop over and around (skipping ropes, balls, small stones, sock etc). Pupils hop through the course and on arrival at the other side of the playing area, throw a beanbag/ball/rolled up socks into a bucket. If a player touches an object when hopping through the course,, return to the start line. After throwing the object, run to the start line and hop through the course again. Invite the whole family to participate in this challenge. Who can get the most objects into the bucket?</p>						
<p>PE Journal</p>	<p>Investigate the number of hops it takes to get from your bedroom to the bathroom in your house. In your PE journal, write down the number of hops.</p>						



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Take off and land on the same foot, pushing off from the ball of the foot



The non-hopping leg swings in rhythm with the hopping leg



Arms bent at the elbow, swing back together then vigorously forward and upwards to assist the leg action in providing force



Bend the hopping leg slightly on landing and straighten on take off



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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