

HOPPING

Preabadh









	EXPLORATION	DEVELOPING	MASTERING
Trunk	<ul style="list-style-type: none">• The body is in an upright position.	<ul style="list-style-type: none">• The child leans slightly forward.	<ul style="list-style-type: none">• The body leans forward over the hopping foot.
Arms	<ul style="list-style-type: none">• There is very limited arm movement.	<ul style="list-style-type: none">• The arms move vigorously forwards and backwards but not quite in rhythm.	<ul style="list-style-type: none">• Arms are coordinated and move in rhythm with the hopping action.
Legs	<ul style="list-style-type: none">• The hop achieves very little distance or height.	<ul style="list-style-type: none">• Knees flex on landing.	<ul style="list-style-type: none">• The non-hopping leg is used to support the take-off, adding momentum and force to the hop.
Balance	<ul style="list-style-type: none">• The child loses balance easily and struggles to do more than one or two hops at a time.	<ul style="list-style-type: none">• Balance is not yet fully under control.	<ul style="list-style-type: none">• The hopping action is continuous and rhythmical.

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Target Pupil								Comments
Arms bent and swing to help with leg action		Arms						
Take off and land on the same foot, pushing off from ball of foot			Legs					
Support leg swings in rhythm with jumping leg								
Hopping leg bends on landing								
Can hop on both left and right leg								
Upright and steady with eyes focused forward		Trunk						

Hints	What instructions should I give? Hop as far as you can.	From where should I observe this skill? The side for the arm and leg action. The front for the head and eyes.	What equipment do I need? Cones, whistle.
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PUPIL ASSESSMENT: PEER OBSERVATION

My name is:

Class:

My partner's name is:

Date:

Today we are looking at the skill of: **Hopping**



Looks good



Needs more practice

My partner needs to:

It:

1 Take off and land on the same foot



2 Swing the other leg in time with the hopping leg



3 Keep their head up and eyes looking forward



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



Pupil's Comments:

Teacher's Comments:

PUPIL ASSESSMENT: SELF-ASSESSMENT

My name is:

Class:

My challenge is:

Date:



What steps do I need to take to get there?

What I want to do next:

3

2

1

What I can do now:

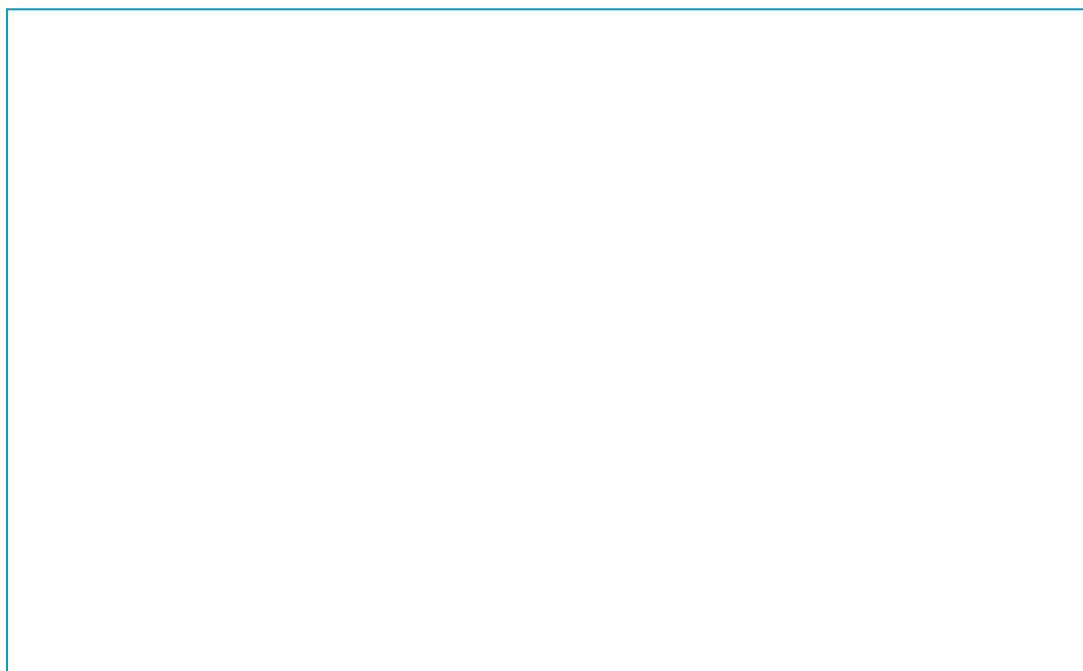
Teacher's Comments:

SELF-ASSESSMENT FOR INFANT CLASSES

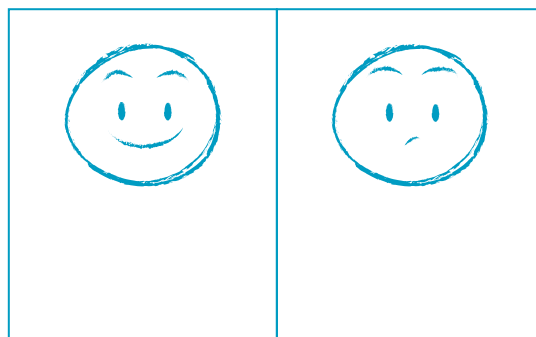
My name is:

Date:

Here is a picture of me hopping.

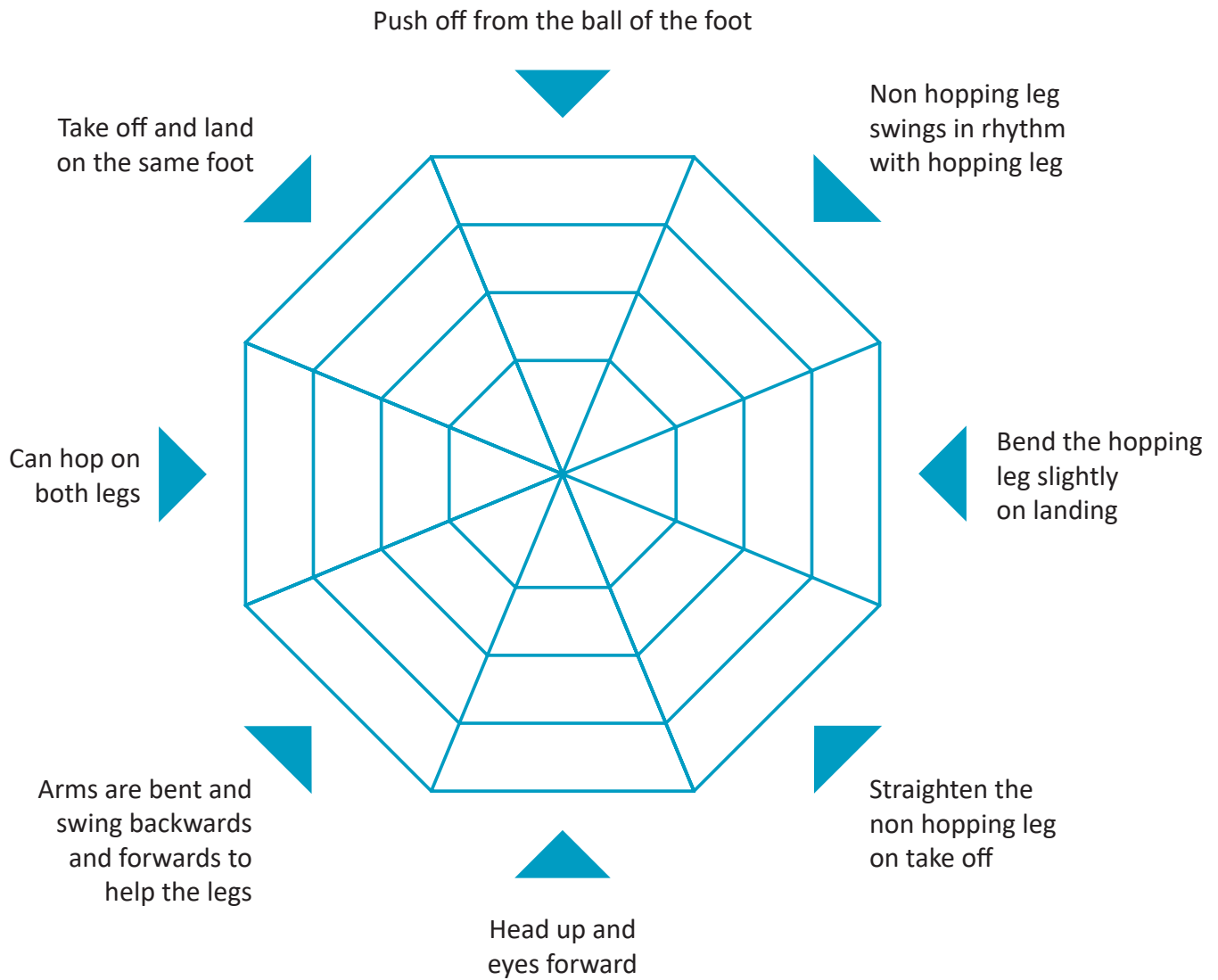


How did this activity make you feel?



Teacher's Comments:

PUPIL ASSESSMENT: SELF-ASSESSMENT WEB



1. I don't think I can do this

2. I can do this but I find it hard

3. I can do this most of the time

4. I can do this all of the time

Pupil's Comments:
While attempting this skill, I felt:

Teacher's Comments:

Rate your effort level:
Light Moderate Vigorous