







HOPPING

Preabadh



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.