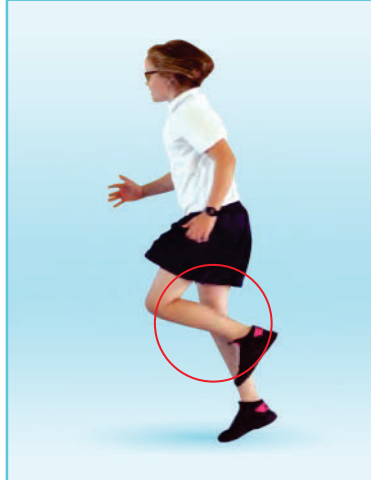


# TEACHING POINTS FOR HOPPING



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



The support leg swings in rhythm with jumping leg



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



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



Head and trunk should be stable with the eyes focused forward



Practise on both right and left legs to become proficient on both



## Introducing the skill of hopping

Try to hop...	Effective questions
<ul style="list-style-type: none"> <li>• on the spot</li> </ul>	<i>What are your arms/legs/head doing?</i>
<ul style="list-style-type: none"> <li>• forwards/backwards/sideways</li> </ul>	<i>How does it feel? Look, be safe.</i>
<ul style="list-style-type: none"> <li>• and turn in the air</li> </ul>	<i>What do I need to do? Where does force come from?</i>
<ul style="list-style-type: none"> <li>• and turn in the air making a quarter turn/ half turn/full turn</li> </ul>	
<ul style="list-style-type: none"> <li>• as quietly/noisily as possible</li> </ul>	<i>What do I need to control to do this?</i>
<ul style="list-style-type: none"> <li>• as quickly/slowly as you can</li> </ul>	
<ul style="list-style-type: none"> <li>• and land as softly/hard as you can</li> </ul>	<i>What is your foot doing?</i>
<ul style="list-style-type: none"> <li>• three times on your right/left foot</li> </ul>	
<ul style="list-style-type: none"> <li>• as high as you can/as low as you can/ at a medium height</li> </ul>	<i>Which is best?</i>
<ul style="list-style-type: none"> <li>• without using your arms</li> </ul>	<i>What are the arms used for? How should they be used?</i>
<ul style="list-style-type: none"> <li>• using one arm only</li> </ul>	
<ul style="list-style-type: none"> <li>• alternating feet every eight/four/two steps</li> </ul>	<i>What happens when you get tired?</i>
<ul style="list-style-type: none"> <li>• with partners at the same time</li> </ul>	
<ul style="list-style-type: none"> <li>• to the beat of music</li> </ul>	
<ul style="list-style-type: none"> <li>• using all of the correct technique outlined</li> </ul>	<i>Let's put it all together</i>



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

# EXTERNAL CUES

## HOPPING



Teaching Point	External Cue
Take off and land on the same foot, pushing off from the ball of the foot	<b>Imagine the ball of your foot is a 'bouncy ball'</b>
The support leg swings in rhythm with hopping leg	<b>Break the glass with your knee</b>
Bend the hopping leg slightly on landing and straighten on take-off	<b>Hop like a kangaroo softly and quietly</b>
Arms bent at the elbow, swing back then vigorously forward and upwards to assist the leg action in providing force	<b>Lift the buckets</b>
Head and trunk should be stable with the eyes focused forward	<b>Be a strong oak tree, don't let the wind blow you to the side</b>
Practise on both right and left legs to become proficient on both	

# TEACHER OBSERVATION

## Common errors and feedback

Common Errors <i>Éarráid Choitianta</i>	Feedback <i>Aiseolas</i>
Support (hopping) leg bends deeply on landing and straightens on take-off	Flex your ankle, knee and hip to absorb force on landing and allow for a more forceful take-off
Landing flat footed or on the heel of the foot	Keep your heel off the ground. Stress the importance of landing 'softly' on the ball of your foot
The swinging leg is held rigid to the front, back or side	Swinging leg moves
Arms not moving to assist the hopping action	Swing your arms in time with each other and your hopping leg. Arms are not stiff
Swinging arms upwards which doesn't produce force	Swing your arms forward and backwards
Eyes looking at the ground or feet	Head up, look forward

## Hopping Rubric

	Exploring	Developing	Mastering
Trunk	<ul style="list-style-type: none"> <li>body is in an upright position</li> </ul>	<ul style="list-style-type: none"> <li>Leans slightly forward</li> </ul>	<ul style="list-style-type: none"> <li>Body leans forward over the hopping foot</li> </ul>
Arms	<ul style="list-style-type: none"> <li>arm movement is very limited</li> </ul>	<ul style="list-style-type: none"> <li>Arms move vigorously forwards and backwards but not quite in rhythm</li> </ul>	<ul style="list-style-type: none"> <li>Arms are coordinated and move in rhythm with the hopping action</li> </ul>
Legs	<ul style="list-style-type: none"> <li>Hop achieves very little distance or height</li> </ul>	<ul style="list-style-type: none"> <li>Knees flex on landing</li> </ul>	<ul style="list-style-type: none"> <li>Non-hopping leg is used to support the take off, adding momentum and force to the hop</li> </ul>
Balance	<ul style="list-style-type: none"> <li>Balance is easily lost and struggles to do more than one or two hops at a time</li> </ul>	<ul style="list-style-type: none"> <li>Balance is not yet fully under control</li> </ul>	<ul style="list-style-type: none"> <li>Hopping action is continuous and rhythmical</li> </ul>

# IDENTIFYING THE STAGES OF DEVELOPMENT

## Exploring Stage

### *Tréimhse taisceálaíochta*



At this stage, pupils enjoy experimenting with hopping and discover different qualities of hops. Characteristics of hopping at the exploring stage:

- body is in an upright position
- hop achieves very little distance or height
- loses balance easily and struggles to do more than one or two hops at a time.

## Developing stage

### *Tréimhse forbraíochta*



At this stage, pupils practise the technique of hopping through games and activities. Characteristics of hopping at the developing stage:

- leans slightly forward
- arms move vigorously forwards and backwards but not quite in rhythm
- knees flex on landing
- balance is not yet fully under control.

## Mastering stage

### *Tréimhse Máistrithe*



At this stage, the skill of hopping is applied to a variety of different contexts. Characteristics of hopping at the mastering stage:

- non-hopping leg is used to support the take off, adding momentum and force to the hop
- arms are coordinated and move in rhythm with the hopping action
- body leans forward over the hopping foot
- hopping action is continuous and rhythmical.