

Jumping/Hopping PE
K-3

Focus Skills: Jumping/Hopping		
Equipment: Blocks, Hurdles, Beanbags, Rope, hoops		
Grades	Activities/Skills/Games	Modifications
K 1 1/2	<p>INTRO & EXPECTATIONS</p> <ul style="list-style-type: none"> - Be respectful - Be safe - Have Fun! <p>WARM UP</p> <p>Everybody's It Tag: Everyone is it to begin. When an arm or leg is tagged, that limb is eliminated and you cannot use it anymore (ie. If a leg is tagged then you're hopping on one foot, if an arm is tagged then it's behind your back, if both legs are tagged then you're sitting on the floor on your bum and can tag with your arms, if both of your arms are tagged then you're running around with your arms behind your back and you can't tag anyone). You can only tag one limb at a time then you must tag someone new. When all limbs have been tagged, you must lie on the floor with your leg in the air until a "Dr." (leader) comes along and tags your foot (then you're healed and free to join in again).</p> <p>SKILL DEVELOPMENT & PRACTICE</p> <p>JUMP/HOP Cues Explain difference between <i>hopping</i> and <i>jumping</i> (1 foot vs 2 foot)</p> <p>Jumping Cues:</p> <ul style="list-style-type: none"> - Point toes straight ahead - Sit on chair; stick your bum out; pretend you're riding a motorcycle - Bring your arms forward like you're holding ski poles - Push off – stretch your body while you take off (like a super hero); point toes - Pop up like a piece of toast popping out of the toaster - Who can be the quietest person to land? Let's be Mice by bending our knees when we land 	<p><i>1 up: If tagged in the stomach or head the tagger can pick what body part to lose</i></p> <p><i>1 down: Participants do jumping jacks to get back into the game</i></p>

	<p>Hopping Cues:</p> <ul style="list-style-type: none"> - Point toes straight ahead - Be tall while you're in the air - Keep your elbows bent through the swing at your sides - Toes up on your leg that's free - Push off the part of your foot just before your toes - Bend your knees when you land <p>Jump the Shot: Tie a beanbag onto a three meter rope. Groups form circles. One child kneels in the centre and swings the rope around about 10-15cm off the ground. Other children attempt to jump over the rope as it passes by. Change the person swinging the rope every round as they will get dizzy. First round is Jumping, second is Hopping on one foot.</p> <p>Sharks and Seals: Pick 2 or 3 participants to be sharks and lay down on their backs with their hands together to make a dorsal fin in the middle of the gym. The rest of the participant's line up on one side of the gym. On the other side of the gym are enough hoops for every participant. When the sharks in the middle yell shark attack, kids try and run to a hoop without getting tagged. Once they make it to a hoop they have to complete 5 star jumps. Then, all at once, seals are allowed a free walk back to the other side of the gym. Sharks return to the middle to start over.</p> <p>MINDFULLNESS</p> <p>Starfish Breathing: Breathe up and down your starfish tentacles (fingers) 5 times</p>	<p><i>1 up: Reduce the amount of rope to jump over to give less time to think</i></p> <p><i>1 down: Make the rope longer (tie ropes together)</i></p> <p><i>1 up: Sharks jump on 2 feet and seals hop on 1 foot</i></p> <p><i>1 down: hoops on both sides of playing area</i></p>
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JUMP/HOP Cues

Explain difference between *hopping* and *jumping* (1 foot vs 2 foot)

Jumping Cues:

- Point toes straight ahead
- Sit on chair; stick your bum out; pretend you're riding a motorcycle
- Bring your arms forward like you're holding ski poles
- Push off – stretch your body while you take off (like a super hero); point toes
- Pop up like a piece of toast popping out of the toaster
- Who can be the quietest person to land?
Let's be Mice by bending our knees when we land

Hopping Cues:

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SKILL DEVELOPMENT & PRACTICE

Jump the Shot:

stomach or head the tagger can pick what body part to lose

1 down: Participants do jumping jacks to get back into the game

	<p>Tie a beanbag onto a three meter rope. Groups form circles. One child kneels in the centre and swings the rope around about 10-15cm off the ground. Other children attempt to jump over the rope as it passes by. Change the person swinging the rope every round as they will get dizzy. First round is Jumping, second is Hopping on one foot.</p> <p>Hurdle for Gold: 4 teams are set up in the corners of the playing surface, each with 3 sets of hurdles set up evenly spaced, facing the center. A hula hoop is placed behind each team line. At the center are placed several bean bags or similar equipment. In turn each student jumps over the hurdles to the center where they grab a bean bag and hurdle back to the line where they place the object inside the hoop. Once the bag is placed in the hoop, the next runner goes. The team with the most bean bags is declared champions. First round is Jumping, second is Hopping on one foot.</p> <p>OR</p> <p>Extreme Rock Paper Scissors Place hula-hoops in a diagonal line across the gym floor. Make two teams and have them start on opposite ends of the hula-hoop line. The object of the game is to get your entire team to the other side. To get to the other side, one person from each team will two-foot jump in the hoops until they meet in the middle. When you meet your opponent you place rock paper scissors. The winner keeps jumping forward to play their next opponent and the loser goes to the back of their line. Have kids who are in line stay engaged by cheering their teammates on. For older kids, you can give them challenge such as holding a squat, plank, balancing etc. while in line.</p> <p>MINDFULLNESS</p> <p>Starfish Breathing: Breathe up and down your starfish tentacles (fingers) 5 times</p>	<p><i>1 up: Reduce the amount of rope to jump over to give less time to think</i></p> <p><i>1 down: Make the rope longer (tie ropes together)</i></p> <p><i>1 up: Give less beanbags than the amount of kids per team so that it's a race to retrieve a certain amount before beanbags run out</i></p> <p><i>1 down: Less jumping and more running as part of the obstacle course</i></p> <p><i>1 up: those waiting in line must do a challenge while they wait their turn</i></p> <p><i>1 down: multiple courses to increase engagement</i></p>
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