

# Level 1 – Hop

## Teaching Tips

Victorian Little Athletics Association

### Hop

The hop is an important skill used in the triple jump. It can also be used to develop knee drive seen in jumping events. Avoid doing too many repetitive hops, hopping can fatigue children quickly.

#### COMPONENT A:

- Eyes are focused forwards throughout the hop.

##### Tips:

- Hold up coloured ribbons, bean bags, picture cards or fingers in front of the children and have them identify them as they leap.
- Explore hopping with the head looking down then try it with the eyes forward, which is better?
- Have children focus on an object in the distance.

#### COMPONENT B:

- The non-contact leg is bent at the knee.

##### Tips:

- Balance a bean bag on the knee of the non-contact leg, then see how far children can fling the bean bag by thrusting the knee up.
- Have children slap the knee of the non-contact leg with their hand held just below waist level.

#### COMPONENT C:

Arms are bent and swing forward at take off.

##### Tips:

- Explore hopping with arms tightly held next to the body, above the head and then bent and contributing to the movement, which is better?

#### COMPONENT D:

- Repetitive take off and landing on the same foot.

##### Tips:

- Be careful not to wear the children out, hopping is a strenuous activity. Use short bursts of activity followed by some rest.

#### COMPONENT E:

- Non-contact leg swings, alternate to the contact leg.

##### Tips:

- See tips for Component B.

#### COMPONENT F:

- Body leans slightly forward.

##### Tips:

- Have children fall into the hopping motion.
- Compare how much distance does 5 hops cover leaning forward compared to leaning backwards.

# Level 1 – Hop

## Session Plan 1

Victorian Little Athletics Association

- Components**
- A. Eyes are focused forwards throughout the hop.
  - B. The non-contact leg is bent at the knee.
  - C. Arms are bent and swing forward at take off.

## WARM-UP (10 MIN)

**What Ever**

**Equipment** None

**Space** Large defined grass area

**Formation** Standing in a large circle

**Instruction** Children begin to walk clockwise. The children have to respond to the leaders commands eg: Skip, Sprint, Clockwise, Anti-clockwise, Scattered.  
On 'Scattered' the children can run anywhere within the defined area.

## SKILL ACTIVITIES (20 MIN)

**Cradle the foot Relay**

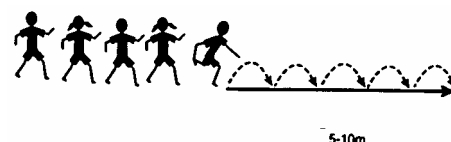
**Equipment** None

**Space** Wide open area

**Formation** Groups of 5

**Instructions** The first child from each group takes hold of their foot and hops to a line 5-10m away. They run around drop their foot and sprint back to tag the next in line. The activity is repeated until everyone in the group has had a turn.

**Variations** Groups can compete against each other, extend the distances, run through the group twice making the children change their hopping leg.



**The Hopping Grand Prix**

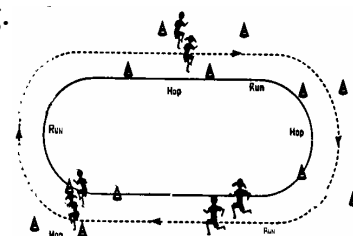
**Equipment** 6-8 markers

**Space** Wide open area, preferably grassed.

**Formation** Set up a Grand Prix running course interspersed with hopping zones of 3-5m, varying in distance.

**Instructions** The leader sets each group off running at appropriate intervals with the commands 'start your engines, ready, set, go'. When they reach a hopping zone they hop through it before reaching another hopping zone.

**Variations** Have children skip or walk between the hopping zones instead of running.



## MODIFIED COMPETITION (10 MINS)

**Obstacle Hop**

**Equipment** 6 dome markers, 6 canes and 6 hoops per group

**Space** Wide open area

**Formation** Groups of 6. Domes, canes and hoops set out at intervals to make an obstacle course

**Instructions** On GO, 2 children from each group run to their first set of obstacles (canes). Upon reaching the canes, they hop over and run through to the second set (dome markers) followed by the third set (hoops). After hopping through the hoops they return to their group ready for the next pair to start. This continues until each pair has had a turn. Award points for course completion, sections completed, and technique.

\* Focus on the positives and be sure to praise the children when they are trying their best.



# Level 1 – Hop

## Session Plan 2

Victorian Little Athletics Association

- Components**
- A. Eyes are focused forwards throughout the hop.
  - B. The non-contact leg is bent at the knee.
  - C. Arms are bent and swing forward at take off.

## WARM-UP (10 MIN)

**Jockeys**

**Equipment** None.

**Space** Wide-open area.

**Formation** In pairs with partner of similar height, group forms a circle.  
Person in front is the 'horse' and the person behind is the 'jockey'.

**Instructions** Children respond to the following commands:

- (1) 'Jockeys racing' – jockey runs around the outside of the circle and back to place
- (2) 'Horses racing' – horses crawl through jockey's legs, run around back of circle and return to place
- (3) 'Melbourne Cup' – grab partners hand and run twice around circle and back to place

## SKILL ACTIVITIES (20 MIN)

**Hop To It**

**Equipment** Either chalk, powder, marking paint or skipping ropes & coloured ribbons

**Space** Wide open area

**Formation** Pairs

**Instructions** Mark out a grid on the ground using either the markers or the ropes. See picture. Each individual square is given an identifying mark, either a marked number or a colour (denoted by a ribbon). Leader gives the children a set of numbers / colours. The children have to hop through the grid in the sequence given to them by the leader. The sequence of squares should ensure that children only have to hop to a square joining the square they hop from. Once the sequence is completed and the child has reached the other side of the grid, the partnering child has their turn.

**Variations** Set a time limit to complete the hops.  
Have the children select a sequence for their partner.

**Boxing Kangaroos**

**Equipment** Whistle

**Space** Large defined grassed area.

**Formation** Groups of 5 or 6, standing in a circle facing each other.

**Instructions** Number the children 1 to 6. The leader calls out 2 numbers at a time such as 2 and 4. Those children hop into the middle with their arms crossed over their chests and try to bump each other off balance. Allow 30 seconds for each pair.

## MODIFIED COMPETITION (10 MINS)

**Hopping Mad Relay**

**Equipment** 3 hoops per group

**Space** Large defined grass area.

**Formation** Groups of 4, lined up 3m before first hoop. Hoops are in a straight line spaced 3m apart

**Instructions** On GO, the first children from each group run, skip or walk from hoop to hoop. When at a hoop, they must perform 5 hops. Upon reaching and completing the hops in the last hoop, they return to their line and tag the next child. A competitive element can be introduced by awarding points to the group who finishes first and individual points to those that show correct hopping technique.

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# Level 1 – Hop

## Session Plan 3

Victorian Little Athletics Association

- Components**
- A. Eyes are focused forwards throughout the hop.
  - B. The non-contact leg is bent at the knee.
  - C. Arms are bent and swing forward at take off.

## WARM-UP (10 MIN)

### Here, There, and Everywhere

- Equipment** None
- Space** Wide-open area
- Formation** Children are scattered within set boundaries.
- Instructions** When the leader says 'here' and points, the children run in that direction. The leader can also call 'there' and point somewhere else and children run in that direction. When the leader calls 'everywhere' the children run in any direction without touching each other.

## SKILL ACTIVITIES (20 MIN)

### Relay Hop

- Equipment** Markers (cones, rope)
- Space** Large defined grass area
- Formation** Teams of 6, children put into pairs. Distance from start to finish is 5m, use markers to define.
- Instructions** The first pair of the team stand on one leg. On 'GO', the first pair hop as fast as they can to the finish line. When they are both across the finish line they can yell 'GO' for the next pair in their team to start. The second pair do the same for the third pair.
- Variations** Have children hop on their opposite foot on the way back.

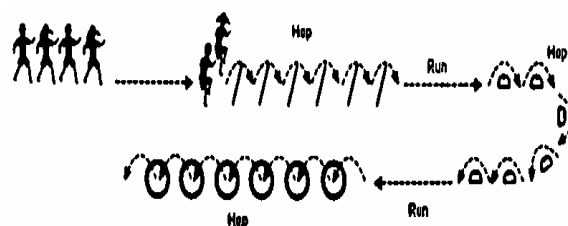
### Hopping Variations

- Equipment** Cones or markers
- Space** Large defined grassed area. Two parallel lines created by markers 5-10m apart.
- Formation** 2 even parallel lines stretched between the markers, facing each other, 5-10m apart.
- Instructions** Children hop from one line to the other, experimenting with a variety of hopping styles and the effect of each upon their skill performance. Try hopping with hands held in front, out to the sides, above the head, behind the head, behind the back etc. The Leader should call out the style and have one group hop through to the opposite line and then have the other group hop back.

## MODIFIED COMPETITION (10 MINS)

### Obstacle Hop

- Equipment** 6 dome markers, 6 canes and 6 hoops per group
- Space** Wide open area
- Formation** Groups of 6. Domes, canes and hoops set out at intervals to make an obstacle course
- Instructions** On GO, 2 children from each group run to their first set of obstacles (canes). Upon reaching the canes, they hop over and run through to the second set (dome markers) followed by the third set (hoops). After hopping through the hoops they return to their group ready for the next pair to start. This continues until each pair has had a turn. Award points for course completion, sections completed, and technique.



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# Level 1 – Hop

## Session Plan 4

Victorian Little Athletics Association

- Components**
- D. Repetitive take off and landing on the same foot.
  - E. Non-contact leg swings, alternate to the contact leg.
  - F. Body leans slightly forward.

## WARM-UP (10 MIN)

**Pick A Number**

**Equipment** None.

**Space** Large defined grass area

**Formation** Lines of 4-8 people numbered 1, 2, 3, 4 etc

**Instructions** The leader calls out a number and all children with that number run around their team and back to their place  
The first person back gets a point for their team. The leader can call out more than one number at a time

**Variations** Leader calls out 'Everyone' and children run to a designated point and back again. First group back wins

## SKILL ACTIVITIES (20 MIN)

**Hopping Tunnel Relay**

**Equipment** None

**Space** Large defined grass area

**Formation** 2 even groups in 2 single parallel lines. Children stand next to each other in pairs and hold hands to form an arch, effectively making a tunnel.

**Instructions** The first pair turn outward, release their hands, hop down the outside of their group, round the last pair and walk back to their places under the arches. The second pair start just as the first pair get back to front of the line. The second pair walk under the arch made by the front pair, hop around the outside and walk back through the tunnel and so on.

**Hopscotch**

**Equipment** Marking powder or paint or ropes for marking squares, tokens or bean-bags.

**Space** Small grass area with hopscotch squares marked out.

**Formation** Small groups or pairs.

**Instructions** First child from each group or pair starts outside Square 1 and throws a token into the first square. They stand on one leg, bend down and pick it up the token. Next, they throw their token into the second square, hop to the second square, pick up the token and hop back to the start. Children make their way up the grid and back, hopping in the single squares and jumping in the double squares. First child keeps going until they either reach the end or their token doesn't land in the grid. Children continually rotate.

## MODIFIED COMPETITION (10 MINS)

**Long Hop**

**Equipment** Sandpit (optional) and cones for marking distances.

**Space** Marked run up area (on grass or into pit).

**Formation** Lines of 4 children.

**Instructions** Children take a small run up of no more than 4 strides. When they reach the take off area (a line) they perform a 'long hop', taking off and landing on the same foot. Landing zones can be marked with cones, landing in zone 1 is 1 point, landing in zone 2 is 2 points and so on. See how many points the children can accumulate.

\* Focus on the positives and be sure to praise the children when they are trying their best.

# Level 1 – Hop

## Session Plan 5

Victorian Little Athletics Association

- Components**
- D. Repetitive take off and landing on the same foot.
  - E. Non-contact leg swings, alternate to the contact leg.
  - F. Body leans slightly forward.

## WARM-UP (10 MIN)

**Pick A Number**

- Equipment** None.
- Space** Large defined grass area
- Formation** Lines of 4-8 people numbered 1, 2, 3, 4 etc
- Instructions** The leader calls out a number and all children with that number run around their team and back to their place  
The first person back gets a point for their team. The leader can call out more than one number at a time
- Variations** Leader calls out 'Everyone' and children run to a designated point and back again. First group back wins

## SKILL ACTIVITIES (20 MIN)

**Hopping Tunnel Relay**

- Equipment** None
- Space** Large defined grass area
- Formation** 2 even groups in 2 single parallel lines. Children stand next to each other in pairs and hold hands to form an arch, effectively making a tunnel.
- Instructions** The first pair turn outward, release their hands, hop down the outside of their group, round the last pair and walk back to their places under the arches. The second pair start just as the first pair get back to front of the line. The second pair walk under the arch made by the front pair, hop around the outside and walk back through the tunnel and so on.

**Hopscotch**

- Equipment** Marking powder or paint or ropes for marking squares, tokens or bean-bags.
- Space** Small grass area with hopscotch squares marked out.
- Formation** Small groups or pairs.
- Instructions** First child from each group or pair starts outside Square 1 and throws a token into the first square. They stand on one leg, bend down and pick it up the token. Next, they throw their token into the second square, hop to the second square, pick up the token and hop back to the start. Children make their way up the grid and back, hopping in the single squares and jumping in the double squares. First child keeps going until they either reach the end or their token doesn't land in the grid. Children continually rotate.

## MODIFIED COMPETITION (10 MINS)

**Long Hop**

- Equipment** Sandpit (optional) and cones for marking distances.
- Space** Marked run up area (on grass or into pit).
- Formation** Lines of 4 children.
- Instructions** Children take a small run up of no more than 4 strides. When they reach the take off area (a line) they perform a 'long hop', taking off and landing on the same foot. Landing zones can be marked with cones, landing in zone 1 is 1 point, landing in zone 2 is 2 points and so on. See how many points the children can accumulate.

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# Level 1 – Hop

## Session Plan 6

Victorian Little Athletics Association

- Components**
- D. Repetitive take off and landing on the same foot.
  - E. Non-contact leg swings, alternate to the contact leg.
  - F. Body leans slightly forward.

## WARM-UP (10 MIN)

**Express Train**

**Equipment** None

**Space** Large defined grass area

**Formation** Groups of 4 to 6

**Instruction** Standing behind one another each group begins to walk, skip, hop or jog. On 'GO', the end person sprints to the front and becomes the driver. The drivers can change the direction or action, but only while driving.

## SKILL ACTIVITIES (20 MIN)

**Ball Behind The Back Hop**

**Equipment** Medium balls, cones, batons.

**Space** 15-20m on track or grass

**Formation** Shuttle relay lines

**Instructions** Place cones 15m from starting line. Divide children into equal groups. Half of each group stands behind the starting line and the other half behind the cones at the other end. First hopper begins with the ball placed behind back and hops towards the other group. Activity continues until all children have had a turn of hopping and passing the ball.

**Variation** Repeat the activity and use batons, beanbags or clasp hands together behind back

**Sharks and Hopping**

**Equipment** Markers

**Space** Wide open rectangle, preferably grassed.

**Formation** Groups of 8 or more.

**Instructions** One group, the sharks, are in the middle of the rectangle and the other, the swimmers are on the outside. On GO, the swimmers have to try and hop across to the other side without getting tagged by the sharks who are hopping as well. If tagged they have to join the opposition and become a shark. If members of the swimming team can reach the other side they get another turn to come back before changing over to become the shark team.

## MODIFIED COMPETITION (10 MINS)

**Bean Bag Hop**

**Equipment** 1 bucket, 3 hoops per group and 12 bean bags per group.

**Space** Wide open area, preferably grass

**Formation** Groups of 4 lined up behind hoops set in a straight line 2-3m apart.

**Instructions** The first child from each group hops (using either leg and swapping) to each of the 3 hoops picking up a bean bag at each (A bean bag for each child in the group is placed in each of the 3 hoops). Upon reaching the 3rd hoop and having picked up a bean from each of the 3 hoops, the children run back with their bean bags to the start, placing their bean bags in the bucket and tagging the next child in line. Game continues until all groups have collected all bean bags.

\* Focus on the positives and be sure to praise the children when they are trying their best.