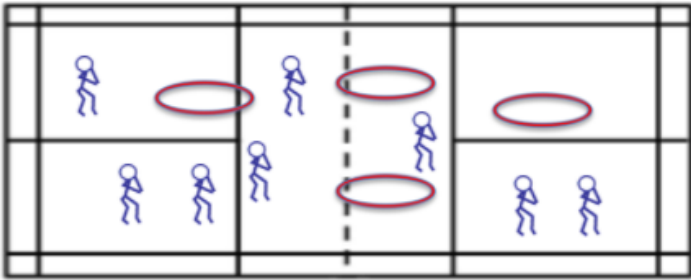


Lesson 2 It's just a Hop, Skip and a Jump

<p>Lesson #: 2 of 3 Unit: Fundamental movements Topic: Locomotor movements: hopping, skipping, and jumping Grade(s): Kindergarten Materials/Resources: - 13-11 hula hoops</p>	<p>Learning objectives: TSWBAT...</p> <ul style="list-style-type: none"> - Cognitive: Follow instructions, be able to copy movements from the teacher and listen for movements, listen to directions in a game setting - Affective: Properly tag someone, be gentle and respectful to others bodies, be aware of the space around them - Psychomotor: Hop, skip, and jump, ideally with proper form, practice the 3 movements in game form, be able to move from one point to another by hopping, skipping, or jumping 	
<p>Parts of the lesson</p> <p style="color: purple;">Set up for me before class:</p> <ul style="list-style-type: none"> - Hula hoops <p>Activities:</p> <ol style="list-style-type: none"> 1) Warm-up 2) Body 3) Culminating activity 4) Closure 	<p>Time</p> <p style="text-align: center;">5 min 15 min 10 min 5 min</p>	<p>Teaching Points</p> <p>Shark Do this What time is it Mr/Mrs Wolf? Island Hopping Tag Discussion and Recap</p>
<p>Lesson Description</p> <p>Warm-up: Shark</p> <ul style="list-style-type: none"> - Teacher will lay out 5-7 less hula hoops than the number of students across the gym floor. - To begin the game, students are spread out in the gym. When the teacher says “Swim!” students run around the gym (they can put their hands in front of them and swim like fish if they want to). - When the teacher says “Shark!” students must run to a hula hoop and stand inside of it. There will be less hula hoops than students so not every student will get a hula hoop. There must only be one person per hula hoop. - The students who do not find a hula hoop must do a static locomotor movement of the teachers choice. Ex. 5 jumping jacks. - Once the students complete their locomotor movement, they are back in the game and the teacher can say “Swim!”. The game can continue for as many rounds as the teacher likes. - <b style="color: red;">Safety concerns: Students will be running all over the gym so they need to have their heads 	<p style="text-align: center;">5 min</p>	<ul style="list-style-type: none"> - 5-7 less hula hoops spaced out on gym floor - Teacher says “swim” students run around - Teacher says “shark” students run to hula hoop, stand inside - One person per hula hoop - Students without hula hoop must do 5 jumping jacks - Heads up when running, don't trip over a hula hoop

up and eyes open to make sure they do not run into someone. There will also be hula hoops all over the floor so they need to make sure they do not slip or trip on a hula hoop. Students can not push each other out of a hula hoop.

- Guiding questions: What happens when I say “Swim”? What happens when I say “Shark”? How many people are allowed in a hula hoop?
- Modifications: To make it harder the teacher can remove a hula hoop after each round, students can try bear crawling or another dynamic movement instead of running. To make it easier you can have enough hula hoops for each student and everyone does jumping jacks in their hoop. This game can also be played with music (similar to musical chairs).



Do This

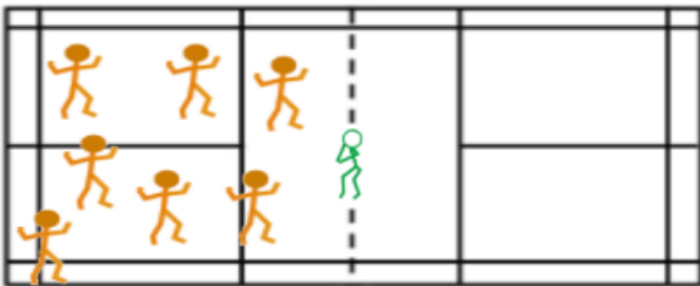
- Teacher will demonstrate proper form for a hop, skip, and jump.
- Students spread out in one half of the gym, and the teacher stands on the middle line of the gym.
- The teacher first demonstrates a jump and a hop to the class. A hop and jump are very similar but have small differences. A jump is two feet on the ground, knees bent to almost 90 degrees, and both feet are used to push one's body off the ground. Then landing on two feet. A person's arms may also go up as a person jumps. A hop is typically done on one foot, where you push off with one foot and land on that same foot.
- Then the teacher demonstrates a skip to the class. See Skipping task analysis at bottom. When skipping in place, lift one foot in the air and hop on the opposite foot. Leg in the air should be bent at 90 degrees. The arm on the same side as the foot in the air should come up to 90 degrees as you hop. Pretend there are

5 min

- Teacher demonstrates a hop, skip and jump to the class

strings tied from your arm to your leg. As you lift one leg up the same arm lifts as well. Alternate legs.

- Try showing the class the images in the task analysis to help them understand each step of the skill and how to perform the skill (UDL 2.5).
- Once the teacher has demonstrated a hop, skip, and jump the class is ready to practice by playing “Do this”.
- The teacher stands in front of the student and says “do this” while doing an action (hop, skip, or jump).
- Students follow along with the teacher, copying their movements.
- The Teacher can speed up as the game goes on or change movement patterns. Ex. hop skip hop or 3 jumps.
- Purpose of the game is to make sure each student knows how to perform each movement. Allow the students to try leading the game to allow the teacher to walk around and offer feedback to students (UDL 8.4).
- **Safety concerns: Students need to be gentle with their bodies when doing the movements (i.e., don't fall over when jumping, be careful with their ankles when hopping).**
- **Guiding questions: How many feet do I use to jump? True or false: a hop can be done on one foot? Can everybody show me a skip?**
- **Modifications: This game can be played with an elimination component (Simon Says). If the teacher wants to be able to see how the students are performing the movements or help individual students they can get the class to follow a student that has mastered the movements.**



- When teacher says “do this” students copy
- Movement patterns or speed can increase as game goes on

What time is it Mr/Mrs Wolf

- One student stands at one end of the gym (this student is the wolf) facing the wall.
- The rest of the students stand on the other side of the gym facing towards the wolf.
- The group of students say “What time is it Mr/Ms Wolf?” and the student who is the wolf responds with the time. Ex. 5 O’clock.
- The rest of the students then move forward 5 jumps. This movement can be changed each round (hop on one foot, skip, etc).
- Students repeat the question and the wolf answers. The wolf can also say “Lunchtime” which means the wolf turns around and tries to tag the other students as they run back to the wall. If a student gets tagged they help the wolf in the next round.
- **Safety concerns:** Since there is an element of tag students need to remember to tag gently without pushing each other. Be careful not to run into the wall or each other when running back.
- **Guiding questions:** What question do we ask the wolf? What happens if the wolf says 2 O’clock? What do you do if the wolf says “lunchtime”?
- **Modifications:** To make tagging easier you can make a smaller playing area or start with more wolves. To make tagging harder, taggers have to move with the same movement as the students. Ex. can only move by skipping.



Island Hopping Tag

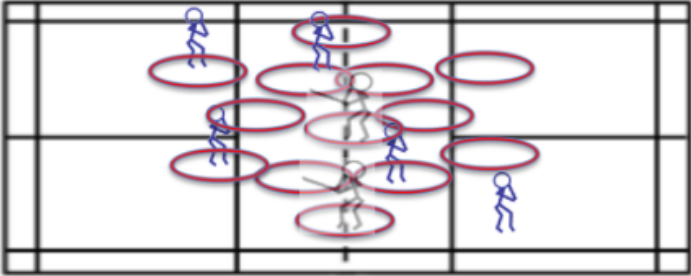
- Spread out hula hoops on gym close enough to hop or jump to in a circular or oval formation
- Students all find a hula hoop to stand in. Choose 2-4 people to be the “alligators” they will be it.
- When the game begins all students move between hula hoops by hopping or jumping.

15 min




- One student is the wolf facing the wall on one end of gym
- The rest of the students stand on opposite side and say “what time is it Mr./Ms. Wolf”
- The wolf responds with a time and students move forward the number the wolf says. Ex. 5 O’clock = 5 Jumps
- If the wolf says “lunchtime” students run back to the wall and try to not be tagged. If tagged join wolf
- Tag gently, do not run into each other

10 min

- Hula hoops spread out. Move between hula hoops by jumping or hopping

<p>Only two students are allowed in a hula hoop at a time.</p> <ul style="list-style-type: none"> - If a student gets tagged by the taggers they must exit the hula hoops and complete one lap around the hula hoops by skipping. Once they complete their lap they can enter the hoops again. - Safety concerns: Students need to be gentle when tagging each other, must be careful when jumping or hopping between hoops, and need to watch out for each other when skipping outside the hoops. - Guiding questions: How do you move from hoop to hoop? What happens if you get tagged? How do we tag people respectfully? - Modifications: To ensure safer tagging, try using tagging tools such as pool noodles or foam frisbees. To make tagging easier you can allow taggers to move outside of the hoops. 		<ul style="list-style-type: none"> - Two people are in it. If you get tagged, do one lap around the hoops by skipping - Only two people per hoop - Tag gently and do not push
<p>Closure</p> <ul style="list-style-type: none"> - What are the three movements we learned today? - Jumping can be a good exercise to work on your core strength. Hopping is good for working on balance. Skipping is another way that we can move fast and great distances (like running) - What game did we like playing best today? 	<p>5 min</p>	

Systematic Task Analysis for Skipping

Step	Picture
<p>Step 1: Step forward with one foot. Lift the opposite foot off the ground to make a 90 degree angle with your leg</p>	 An illustration showing a person from the waist down, wearing a purple t-shirt, dark blue shorts, and red sneakers. The person is standing on a reddish-brown ground. Their right leg is stepped forward, and their left leg is lifted at a 90-degree angle to the ground. A small green 'wikiHow to Skip' logo is in the bottom right corner.
<p>Step 2: With the foot that is still on the ground make a small hop, while keeping the other leg in the air</p>	 An illustration showing a person from the waist down, wearing a black t-shirt, maroon shorts, and brown sneakers. The person is standing on a reddish-brown ground. Their right leg is on the ground, and a red arrow points upwards from the foot, indicating a hop. Their left leg is lifted at a 90-degree angle. A small green 'wikiHow to Skip' logo is in the bottom right corner.
<p>Step 3: Now for the arms. Move the same arm as the hopping leg into a 90 degree angle. Leave the other arm straight by your side.</p>	 Two side-by-side illustrations of a person from the waist down, wearing a light purple long-sleeved shirt, dark blue pants, and red sneakers with yellow and black striped socks. The left illustration shows the person's right arm bent at a 90-degree angle, and the right arm is straight by their side. The right illustration shows the person's right arm straight by their side, and the left arm is bent at a 90-degree angle. A small green 'wikiHow to Skip' logo is in the bottom right corner.

Step 4: Once landing on your foot, repeat the motion with the other leg and arm.



Step 5: Continue to alternate legs while moving forwards. Gradually pick-up speed as you become more comfortable.

References

WikiHow. (2021). *How to Skip*. <https://www.wikihow.com/Skip>