

# 5 Skills for Under 5's

## Skill 3: Hopping

**Aim:** To master the fundamental movement skill of hopping

**Task 1:** Practice the skill. Jump 2 feet to 2 feet and jump like a bunny rabbit

**Task 2:** Practice makes perfect, play the following game to help develop this skill



Skill/Skills	Activity	How to Play	Equipment
Hopping	<p>Hopping Rabbits</p>	<ul style="list-style-type: none"> <li>• Line up 5 soft toys at the start marker</li> <li>• Take 10 big steps forward to set your finish marker</li> <li>• Take one toy at a time to the finish marker-hopping all the way there</li> <li>• Run back to collect the next toy</li> <li>• How long did it take?</li> <li>• Try again on the opposite leg</li> </ul>	<p>5 x Small soft toys Start and finish markers – use any household object</p>

### Points to help your child practice:

Practise single leg balances

Encourage children to hop on either leg in different directions

Arm swing forward to produce force

