

Class 5 - Hopping

Static Warm-up – 5-minutes

- Arms: Hold seal position
- Legs: Hold jack-in-the-box
- Abs: Hold feet out the water
- Core: Hold Spiderman's

Mat chat – 3-minutes (Includes water break)

- Today we are going to work on HOPPING.
- Who can tell me what HOPPING means?
- We are going to play: **Little Hop, Big Hop & Hop To It.**
- Here are the three hopping tips that I want everyone to practice today: 1. Keep your feet together as you hop.
- 2. Bend your knees before you hop.
- 3. Keep your head up as you jump.

Skill-building drills – 7-minutes

1. **Cat and Mouse:** The students will play a game of chase in a circle while hopping into rings. This is great for building balance, control, gross motor skills, social skills, and spatial awareness.

- **Teaching SKILLZ: HEALTHY COMPETITION** - The students will compete to see who can hop the fastest.
- **Brain SKILLZ: DIVIDED ATTENTION** – The student will focus on hopping while also being fast enough to not get tagged.

2. **Number Hops:** The students will work on their HOPPING by hopping side to side without stepping on the yellow bar and only doing the number of hops given.

- **Teaching SKILLZ: EXTRINSIC MOTIVATION** - If the student get 5 hopping combos in a row correctly without touching the stick and while keeping feet together, then the instructor will do 3 push-ups.
- **Brain SKILLZ: VISUAL PROCESSING** – The student will focus on hopping correctly while also not touching the stick.

Skill stripe test – 5-minutes

- See testing charts

Passive Stretching: 5-minutes

- Side bends
- Pat your back
- Kneeling reach forward
- Kneeling reach backward

Game –3-minutes

- Ninja-ninja turtle

End of class announcements – 2-minutes