

Hopping

Balancing on one leg, spring off the ground and land back on the same leg.



1

Balance on one leg, bending the other leg behind the body.



2

Bend standing leg and swing non-standing leg and arms forwards to lift off the ground.



3

Land on the same leg with a bent knee for balance.

Get moving with **MINI MOVES**





KANGA Hop

Hop like a Roo, but watch out Joey's, don't get caught.



Equipment:
Not required.

Where to play:



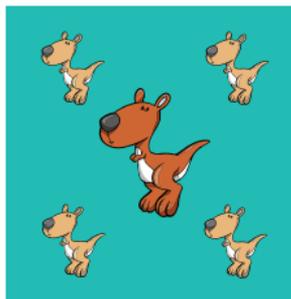
Outdoors



Indoors

Age:
Preschoolers
(3 to 5 years).

What does the game look like?



KEY:



Joeys



King Roo



Hopping area



KANGA Hop

Hop like a Roo, but watch out Joey's, don't get caught.



Step 1

Select one child to be the King Roo (tagger), all other children are Joeys.

Step 2

Children hop around like Joeys whilst the King Roo hops around the group trying to tag the Joeys.

Step 3

When a child gets tagged they have to balance on one leg. They can join in again after they count to five.

Step 4

To give children a rest call out "in the pouch", children curl into a ball on the ground.

Step 5

Choose a new King Roo and continue the game, asking children to swap legs.

Tips:

EASIER: Have children hopping in a group, changing from right leg to left leg. On "Kanga Hop" children have to hop in the direction the Educator is pointing.

HARDER: Each Joey tagged joins the King Roo, hopping to tag each person until there is one Joey left.



DOWN the Rabbit Hole

Hop, hop, hop to your rabbit hole to stop.



Equipment:

Mats.

Where to play:

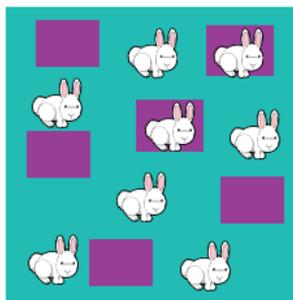
 Outdoors

 Indoors

Age:

Preschoolers
(3 to 5 years).

What does the game look like?



KEY:



Children hopping



Mats



DOWN the Rabbit Hole

Hop, hop, hop to your rabbit hole to stop.

Step 1

Arrange mats in an open space and tell children the mats are rabbit holes.

Step 2

Instruct children to hop like a rabbit, on one foot, based on Educator's instructions.

Step 3

Children move around the area following the instructions given.

Step 4

End the game with the instruction "hop into a rabbit hole. Goodnight!"

Sample Instructions:

- Hop over a rabbit hole.
- Hop to another rabbit hole.
- Hop on left leg to a different rabbit hole.
- Hop on right leg to a different rabbit hole.
- Hop into the rabbit hole (rest area if legs get tired).



Tips:

EASIER: Instruct children to hop around the space, when you call "rabbit hole" the children hop to the closest rabbit hole.

HARDER: Children who don't hop to the correct command have to hop in and out of the rabbit hole five times before joining in again.



SNAIL Hopscotch

Hop to the middle of the snail's shell, try not to get too slimy.



Equipment:

Chalk and bean bags.

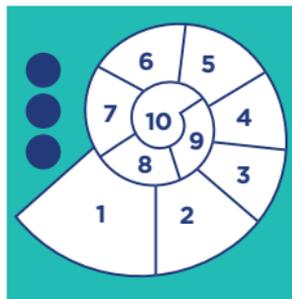
Where to play:

 Outdoors

Age:

Preschoolers
(3 to 5 years).

What does the game look like?



KEY:

-  Children waiting in line
-  Spiral hopscotch



SNAIL Hopscotch

Hop to the middle of the snail's shell, try not to get too slimey.

Step 1

With a piece of chalk, draw a snail shell and divide it into ten boxes. Label each box one to ten, starting with box one and spiralling in to end with box ten in the middle.

Step 2

Demonstrate to children how to hop through the snail hopscotch from one to ten to complete the snail's shell.

Step 3

Children take it in turns to hop around the snail hopscotch until they reach the middle (snail slime) and then turn around and hop on the other leg, back to the start, before the snail slime touches them.



Tips: **EASIER:** Reduce the amount of boxes in the snail hopscotch.
HARDER: Children throw a bean bag and whichever square it lands in, cannot be hopped on in the next round.