



George Jeffrey
Children's Centre
ENRICHING CHILDREN'S LIVES

SKILL: HOPPING



Emerging:

- Minimal bend in the supporting leg and hopping will be awkward and poorly balanced
- Encourage knee bending in both legs
- Hold hands for support initially



Developing:

- Starts to bend the knee to prepare to hop
- Begins to swing upwards
- Improved balance
- Encourage hopping forward and do continuous hops in a row
- At 3 ½ to 4 years, hops 3 times in a row



Mature:

- Knee of suspended leg will be 90°
- Light swinging of the arms at the sides
- Bends knee to absorb weight on landing
- Work on changing directions, and speed
- At 5 to 5 ½ years, hops ~ 15 metres on one foot

Games to help you learn how to hop

- **Hopping Hallway** – designate a hallway in the house that your child always hops down.
- **Lily pad Hop** – place different objects or shapes on the floor and have your child hop from one object to the next.
- **Hopscotch** – using chalk or tape make a hopscotch pattern and in the single squares have your child hop on one foot and in the double squares have your child jump on 2 feet.

