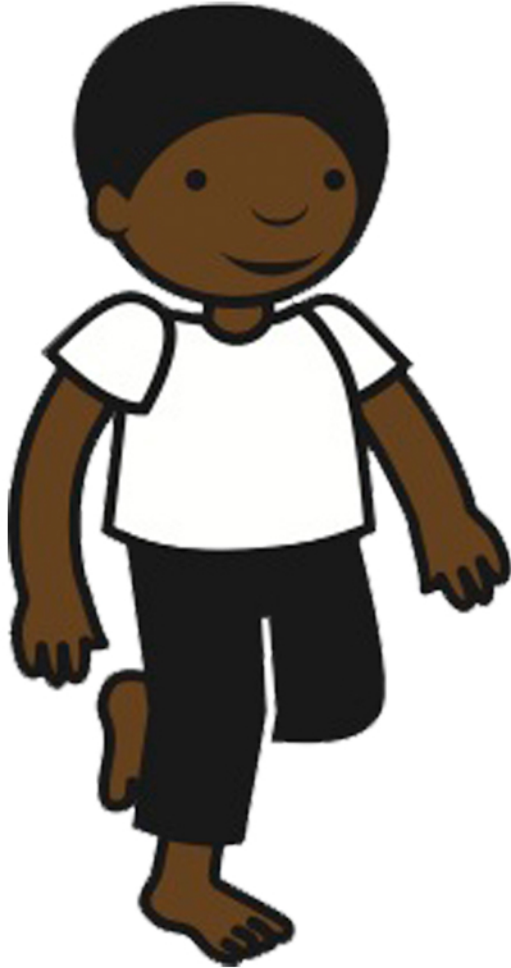


Hop



Hop

Hopping is when children propel themselves off the ground with one leg. This is harder than jumping, as they will require greater leg muscle strength and balance.

Method

Ask the child to hop on one leg, pushing with their toes, taking off and landing on the same foot. Their supporting leg should bend on landing and straighten to push off.

Start by holding child's hand to support them and encourage small hops on the spot.

Eventually they should be able to hop in different directions.

Things to Try

- Suggest that children hop from lily pad to lily pad to avoid the crocodile
- Encourage children to hop fast, slow and in different directions, etc.