

Bear Hop Game

(Physical Activity)



Age Group: All ages (adapt as required for each child)

Skill: Jumping on two legs (2:2), jumping onto one (2:1) and hopping (1:1).

Space: Indoor or outdoor – weather dependent.

Equipment:

- Floor spots,
- Music player
- Littlemagictrain CD's (CD1 track 7) or other suitable music the children will enjoy.

If you don't have floor spots you can make them using card but ensure safely secured to the floor so the child doesn't slip. You should create 'Big' and 'Little' spots.

Activity Instructions:

- Put the spots on the ground, not too far apart, as the children need to be able to jump on or over them. If you only have one size, then two spots side by side makes a big bear and one spot is a small bear.
- Have each child on a spot to start.
- Start the music and the children (with your assistance if required) begin to jump from one spot to the other.
- When the music stops (practitioner is in control) the children need to remain on their spot/spots.
- The practitioner can select a child or the children and ask them to sit down if they landed on one spot. This will help with counting.
- The music goes back on and repeat the process but next time you could say sit down if your on two spots.

Do a walkthrough with the children so they understand the activity.

Note: For younger children you will need to assist them as they jump by gently holding their hands or supporting them around the waist to encourage them to understand the upwards movement. Please demonstrate clearly your jumping with and bend of the knees before you jump and when you land. You need to go down before you can go up! The landing going through the front (toes to heel) of the foot and bending the knees creates good habits to protect their body.

Adaptations:

If the children are too young to jump/hop, have them run or walk to the spots and balance on one or two legs. If this is too easy for older children, then extend the distance between the spots and keep extending the distance until they are challenged.

Extension Ideas:

- The spots represent the number of legs you land or jump with. 2 spots = 2 feet and 1 spot = 1 foot (2 to 2, 2 to 1 and 1 to 1 jumps).
- Change the required information that the child must give about the spot they are standing on. They can give the first letter of the colour and spell/write it or multiply a chosen number by the number of spots they land on. Whatever is relevant to your setting, children and curriculum.
- Replace the spots with other items, such as animal cards, to match the session/curriculum themes. The child then could make the noise of the animal when they land on it and tell you about the animal (habitat/movement/diet/hibernation etc).