



HOPPING



INTENSITY

-  Hop on one leg
-  Hop on either leg
-  Hop in a circle and clap as you move

WHY?

- Developing bilateral movement
- Supporting the development of cognitive skills
- Raising heart rate

WHERE?

- Classroom
- School hall

WHEN?

- Beginning and end of lessons
- Energiser during lessons
- Transitions between lessons

WOW!

- How many hops can you do in 30 seconds?
- Repeat. Did you beat your previous score?
- Add your score to a partner's score. Work together to beat it!

Fold along line