

# Hop

## Activity

**Resource:** Learn to Move

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

A take off from one foot landing on the same foot.



- Stand on one foot with the other leg flexed at the knee
- Swing both arms back at the same time as the flexed leg swings back
- Swing both arms forward and upward
- Push off from toes of standing leg and swing flexed leg forward to produce force
- Land softly on the ball of the foot with the knee bent to absorb impact

## I can also...

- participate in triple jump
- perform a hip hop dance
- jump rope

## Self Check Questions

- Am I moving my arms and swing leg together in one fluid motion?
- Do I land on the same foot as I take off from?
- Do I use my arms to help produce force?