

Skip Hop Hip Hop

Needs: Space

Targets:

- Learning to skip

Procedures:

- Lift right knee hop
- Lift left knee hop
- Alternating sides - 5 times each side
- Continuous motion – skip
- Bring in arms
- Skip in place – 10 times each side
- Increase height off the ground
- Take a deep breath in and exhale

Common problems and fixes:

- Have students concentrate on holding one knee up and then adding a little hop.
- Students may want to rush through the steps and will then not get the full benefit and learn the accurate way to skip.

Once they have mastered lifting their knee, adding a hop, and going continuously from leg to leg, re-enforce that students should not move around the classroom.