

Learning Intention: How can you perform a Bunny Hop?

EQUIPMENT:

Resource cards,
mats, hoops
spots,
throw-down hands

Year 1

I can perform a static bunny hop.

I can perform a bunny hop through the crater placing hands in first, then feet

I can perform a bunny hop across a mat, keeping my hands flat and my arms straight

KEY WORDS: Balance, Straight, Squat, Pike, Tuck, Start, Finish, Roll

Warm up:

Children to move around on the moon, e.g. bouncing, hopping, large steps. Teacher calls out...

FREEZE an Alien is coming - They freeze in a stork balance



Stork Balance

FREEZE we see a spaceship - They freeze in an arabesque balance



Arabesque balance

BUNNIES on the MOON - Move around like Bunnies



REMEMBER: They must stay very still, keep strong and hold balance for 3 seconds.

Recap:

Shapes ... Straight shape, Star shape, Straddle, Tuck, Dish, Arch, Squat, Pike

Teacher to make it a race - who can be the quickest but still have a strong body!

Activity 1: Bunny Hops (see resource card)

Children are going to imagine they are bunnies on the moon...

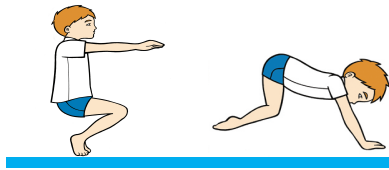
One mat between two. (See Activity 2 for set up).

Q & A: How do bunnies move?

IMPORTANT:

Stage 1: Static bunny hop - hands on spot, look forward, chin up, jump feet up.

- ✓ Hands first, then feet
- ✓ Look forward
- ✓ Flat hands

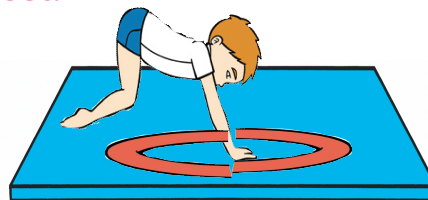


Linking Learning: What shape do you start in when performing the bunny hop?
Squat shape

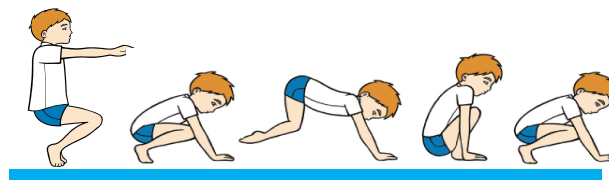


Stage 2: Place hands into the crater (the hoop) and jump feet in to hoop. Now put hands outside crater (the hoop) and jump feet out of the hoop.

Hands first, then feet!



Stage 3: Bunny hops without hoops, how many can they do across the mat?



Stage 4: Perform bunny hops to the class.

Children to give feedback to their partner. Be a mini coach - looking out for key points.

Make it easier: Teacher to put throw-down hands in the hoop to help children to focus.

Activity 2: Bunny Hop Sequence

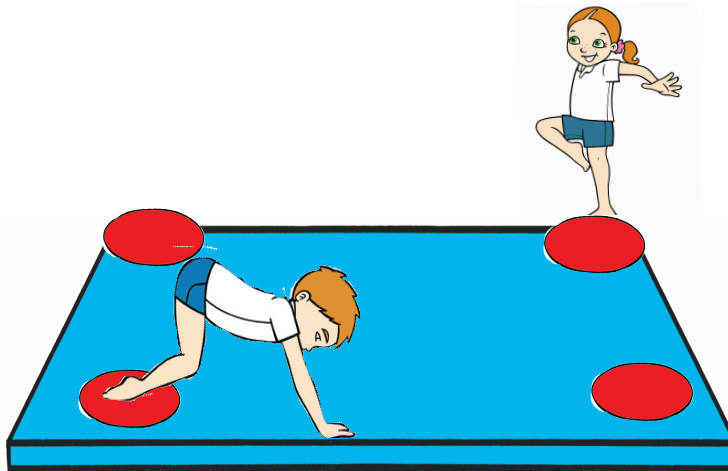
Children can make up a sequence on the mat with a partner/group of four

In sequence:

- 1 Jump
- 1 Balance
- Bunny hops

Key points for sequence:

- ✓ **Control**
- ✓ Move smoothly in out of shapes, balances jumps
- ✓ Good start and Finish



Cool Down: Children to move around slowly as if they are on the moon.

Plenary: Ask the children what is important when performing bunny hops? What did they do well? Share answers with a partner.