

Learning Intention: How can you perform a Bunny Hop across apparatus?

EQUIPMENT:

Resource cards,
mats, hoops
spot,
throw-down hands
benches

Year 2

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

I can perform bunny hops across apparatus keeping my hands flat and arms straight

I can perform bunny hops on and along a apparatus pointing my toes

Warm up: Body parts

Children to skip, hop, jump around with pointed toes. Teacher calls a balance then they continue to move around.

Balance 1 = Balance ONE part of your body on the floor

Balance 2 = Balancing using TWO parts of your body

Balance 3 = Balance using THREE parts of your body

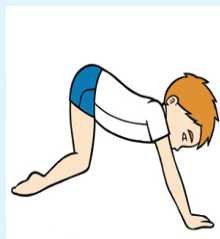
Balance 4 = Balance using FOUR parts of your body

CHALLENGE: Bring in Numeracy. Teacher calls $5 - 2 = 3$ parts of your body etc...

: Find a partner and add up balances together.

REMEMBER: They must stay very still, keep strong and hold for 3 seconds when balancing

Extension (recap of prior learning): Teacher calls bunny Hop - What do the children remember from Yr 1?



Recap space shapes ... Straight shape, Star shape, Straddle, Star, Tuck, Dish, Arch, Squat, Pike **Children can teach each other a shape. Can you make any of these a balance?**

Activity 1: Bunny Hops quick recap (from Year 1)

Linking learning: Remember the bunny hops in Yr 1, jumping into the crater with hands first, then feet.

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

Stage 1: Static bunny hop - hands on spot, look forward chin up, jump feet up.
Make it harder: Point toes

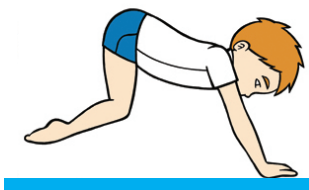
Stage 2: Bunny hops without hoops, how many can they do across the mat?

Children to give feedback to their partner (AFL).

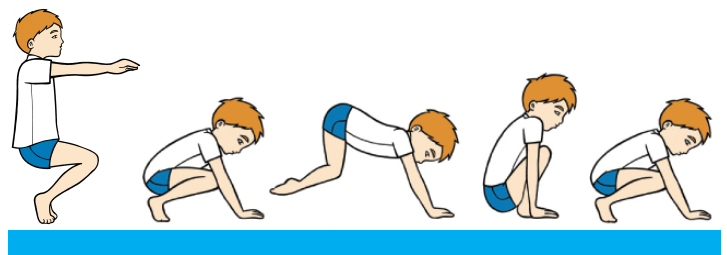
Make it easier:

- Teacher to put throw-down hands in the hoop to help children to focus.
- Give child a hoop out to encourage **hands first, then feet**

Stage 1- Static

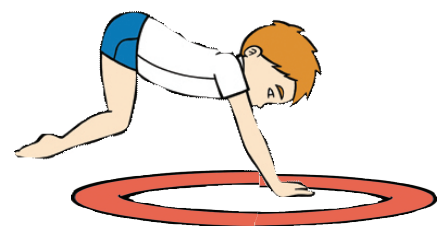


Stage 2 - Bunny Hops across mat



IMPORTANT:

- ✓ Hands first, then feet
- ✓ Head up
- ✓ Flat hands

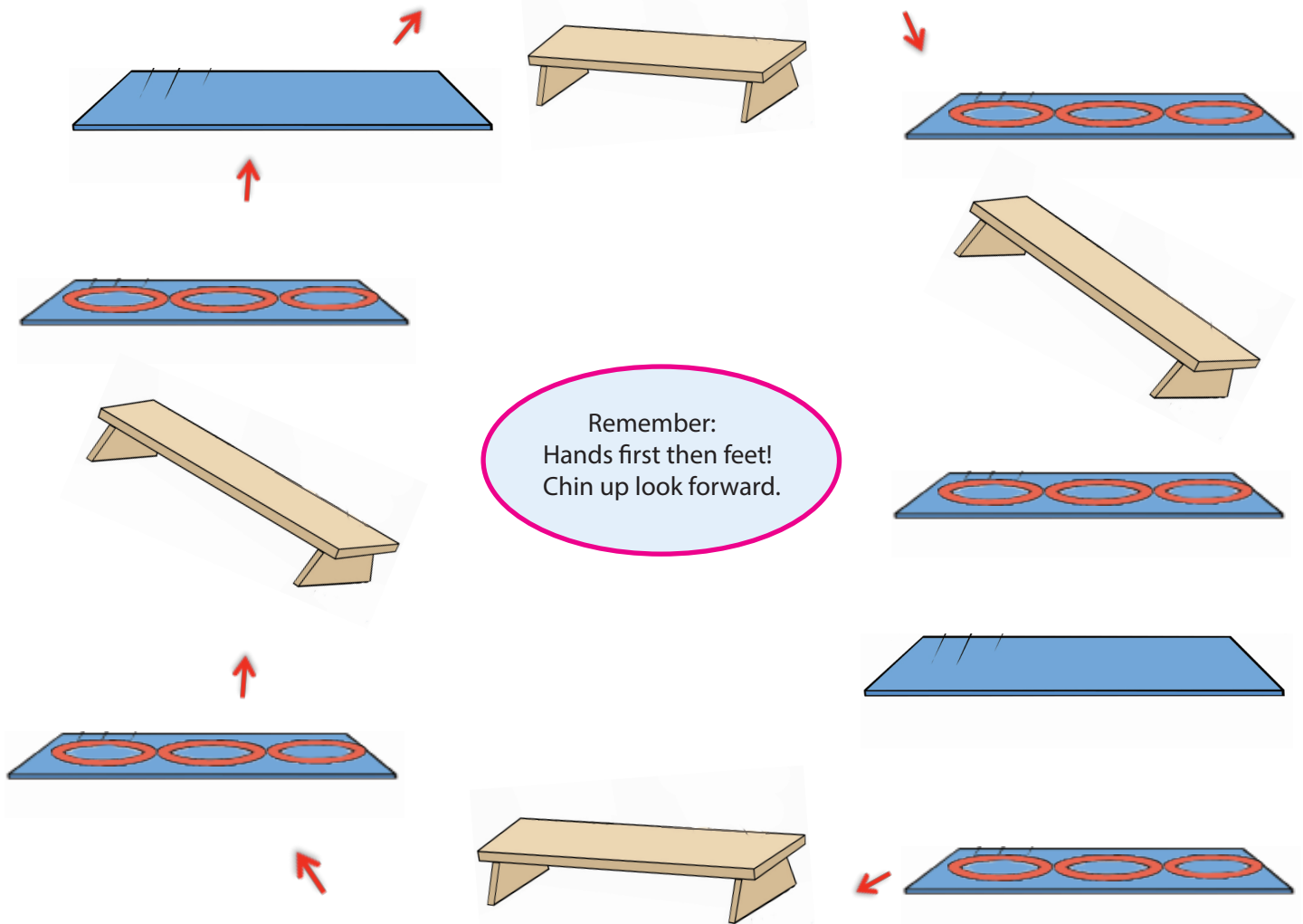


Make it easier: Bunny Hops into hoop
this encourages **hands first, then feet**

Activity 2: Bunny Hop Circuit

Add benches as shown below:

A) Children to move from mat to bench in a clockwise direction, bunny hopping on each one. Some hoops can be placed on mats for children to bunny hop through. Children to bunny hop along the benches.



B) Children to show a balance for their start and finishing positions. The children can try different ways of bunny hopping across the benches and mat.

Make it harder: Can they make up their own balances?
Can they point their toes when performing a bunny hop?

Challenge: Use ipads/tablets: Children could be mini coaches filming and show a partner their bunny hops and how they could improve them.

Extension: Bunny hops in sequence

One mat or bench between two (using the apparatus already out).




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

In sequence:

1 Jump, 1 balance, 1 bunny hop.

Remember travelling moves - note you can use bunny hops to link the sequence

IMPORTANT for sequence:

-  Strong body
-  Move smoothly in out of shapes, balances jumps
-  Good start and Finish

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

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