CREATIVE ARTS GRADE 2 LESSON NOTES

CREATING AND EXECUTING

1.1 Hopping

- **Hopping** - this is a form of movement in which the body is propelled up and down in a continuous motion by same supporting foot, either on the spot or in motion.
- Greater leg strength and dynamic balance is required for hopping as only one foot is used to lift the body and a smaller base of support is involved.
- It is an important skill to master for:
  - ✓ Safe body management - e.g. when one is pushed off balance or loses footing.
  - ✓ Sports such as hopscotch basketball lay up shot, triple jump and dances

Animals that move by hopping

- ✓ Kangaroo
- ✓ Praying mantis

Resources required for hopping

- ✓ Sufficient fields
- ✓ Ropes
- ✓ Canes
- ✓ Balls
- ✓ Hoops
- ✓ Lime/whitewash/chalk dust.

How to hop

- Stand erect, weight on one foot, and the other foot raised in slightly back with the knee bent.
- Keep shoulders level, head high, and toes pointing forward.
- Look straight ahead.
- Bend knee of supporting foot, push from the floor, and extend body upward into the air.
- Land on the same foot, toe first, then ball on the foot, then heel; landing with bent knee.
- Continue hopping on the same foot.

Cues during all hopping activities

- Hop with good forward action
- Keep the weight on the ball of the foot
- Arms are used for balance
- Aim for height as you hop.
- Land softly