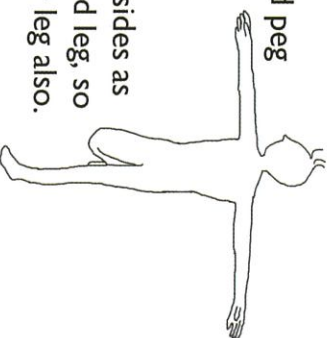


One-Legged Seagull

Resources: Bean bags as chips or make chips and peg them to a string.

Starting Position:

Children stand on one leg with arms out to the sides as wings. Most children will stand on their preferred leg, so need to encourage them to stand on their other leg also.



Starting Position

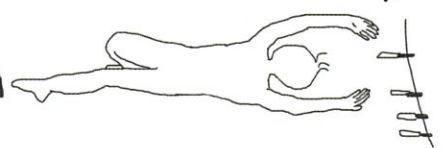
Movement:

Child hops by bending hips and knees slightly and moving their arms downwards at the same time. Then as the foot starts to come off the ground the child raises their arms at the same time.

Extras:

Toss a light, small bean bag in the air to encourage the children to get height into their hop. Alternatively, hang paper chips off a line so that the child has to hop to reach the chip with their hands. To work out the height to hang the chips, have the children stand on tiptoes with their arms in the air. The chips need to be about 5cm above that height. May need to start with a slightly shorter distance to get success and then increase the distance of the chips. Add cawing as hop gets better.

Bend at knees
and hips



Critical Point:

- Children need to use downward movement of arms and legs before lifting arms and legs during the hop.

Module 2: Medium

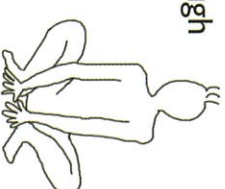
Hop up to the chips

Frog Jumps

Resources: Lily pads made from non-slip foam. Enough space for each child to do 5 jumps.

Starting Position:

Children start in a squat position with feet on the floor and hands on the floor just in front of their feet.



Starting Position

Movement:

Children move hands forward first; then keeping hands on the floor take a small jump to land next to hands.



Move hands
forward first

Extras:

Start with learning the jump. Then add a lily pad to get more control in the landing. Lily pads should be at least 30cm apart. Ask children to croak as they jump to make sure they are not holding their breath. Vary the distance between jumps – some pads at 30cm others at 45cm. Add a cognitive component by using lily pads of different colours and asking the child to jump only on one colour.



Jump feet forward
to land beside hands



Critical Point:

- Hands stay on the floor during the jump.

Module 2: Medium

Add in 'lily pads' to
jump towards