The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

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| Hopping |
| Suggested level – early and first |
| Equipment - skipping ropes, cones, hula-hoops |
| Exploring the hop – Follow the leader Children stand in their own space and follow the leader with different hops.* Hop in place on right foot, then left foot.
* Hop softly so you don’t make a sound.
* Hop side to side.
* Hop forward, hop backwards.
* Hop forward and swing your arms.
* Hop five times in a row then change feet.
* Hop quickly, then hop slowly.
* Hop forward in a straight line.
* Hop, then jump, then hop, then jump.

Game: Hopping mazes * Form children into groups of 2-3 children.
* Each group has their own skipping rope, a few cones, and hula-hoops.
* Each group makes a maze on the floor that they must hop through.
* Once all groups have tried hopping through their own maze, they switch with other groups and try the other mazes.
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