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. |