

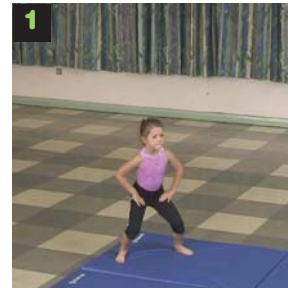
# Frog Hopping

- Feet apart
- Keep your hands on the tops of your legs
- Bend your knees and jump high in the air, bend your knees when you land
- Keep upright with your back straight

## Questions

*How high can you hop?*

*Can you hop sideways or backwards?*



# Frog Hopping

## Further teaching points

- Angry cat shape
- Keep hands on thighs all the way through the movement
- Aim to keep legs straight in the air, stretch the feet
- Controlled landings with bent knees
- Start and finish in the same position

## Adapting the activity

### Enable

- Hold landing position
- Use arms to assist with jump
- Only hop once, pause, try again

### Challenge

- Hop higher each time
- Hop sideways
- Hop backwards

## Health Fitness and Safety

- Develops safe landing and lifting techniques

### Improves

- Posture
- Strength of legs
- Stamina

## Links to future learning

> Jumping - landings

