

Learning Intention: How can you perform a Bunny Hop on apparatus?

EQUIPMENT:

Resource cards, spots, low box top, mats, benches, throw-down feet, springboard

Year 3

I can bunny hop onto low apparatus

I can bunny hop onto apparatus from standing with control

I can bunny hop onto apparatus with control

Warm up: Follow My Leader

Children to work in pairs. Q & A: What do you need to do before you take part in any exercise?

We should always warm up: It should start with a pulse raiser: e.g. jogging, jumping, skipping, hopping. Children to take it in turns to lead a pulse raiser exercise.

Children to then teach each other a shape learned previously – Straight, Star, Squat, Pike Tuck, Straddle, Dish, Arch, Front Support, Back Support, Japana

Activity 1: Remembering Bunny Hop quick recap

One mat between two. Q & A: How do you perform a Bunny Hop? (Resource card/video clip can be used for AFL.)

Stage 1: Static bunny hop

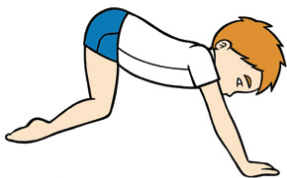
Stage 2: Bunny Hops across the mat

Make it easier: Teacher to give them a hoop to bunny hop into. Key: remember hands first, then feet.
See Basic Bunny Hop resource card

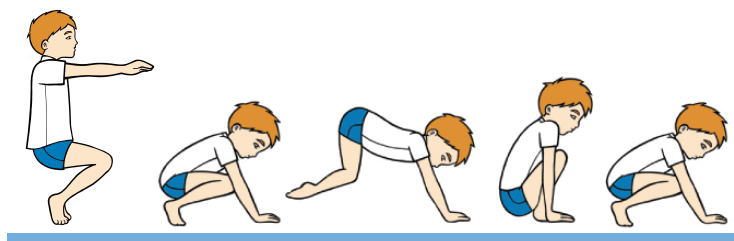


More Able: Children can lift hips up higher. They can also bunny hop side to side.
See Advanced Bunny Hop Resource card.

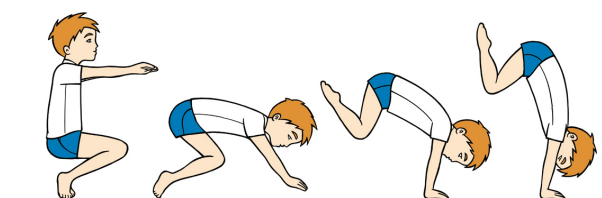
Stage 1 – Static Bunny Hop on a mat



Stage 2 – Bunny Hops across mat



More Able – Static Bunny Hop lifting hips up higher.



Remember:

Look forward at your fingertips, lift chin up slightly. Keep knees bent.

Activity 2: Bunny Hops onto apparatus

Set up 6/7 stations (examples below)

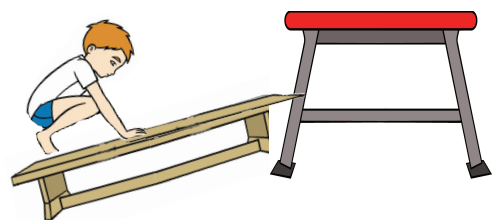
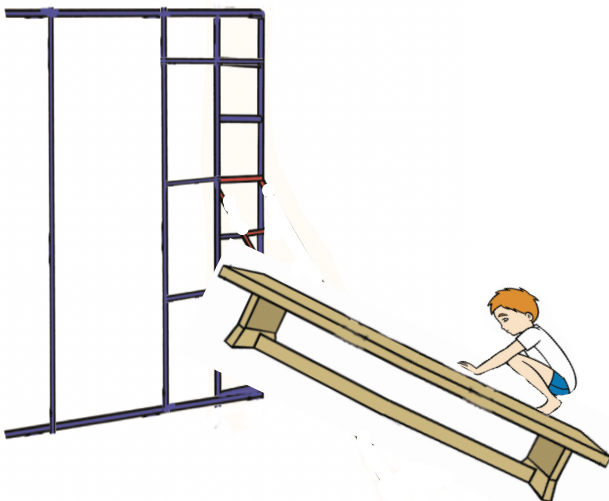
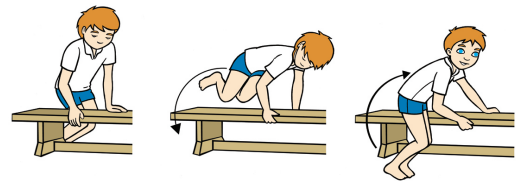
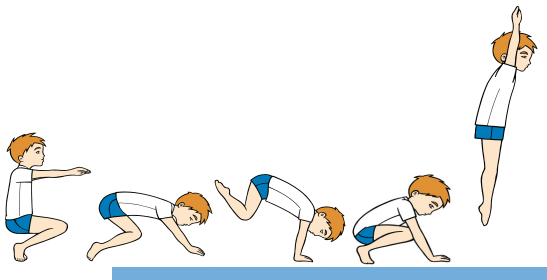
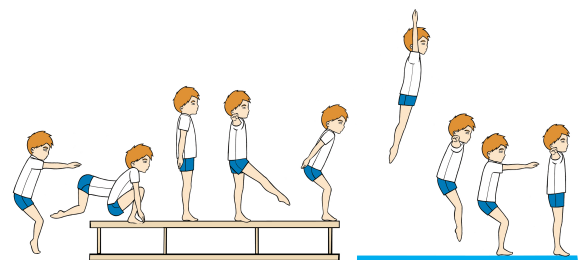
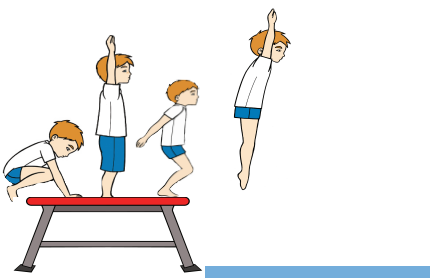
1. Teacher to Q & A: How can we transfer the bunny hops onto the apparatus. **They can bunny hop onto, along, over, up.**
2. Children to have a go and rotate around the stations; experimenting with different ways of doing bunny hops.

Key Points:

- ✓ Hands flat
- ✓ Look forward
- ✓ Lift hips up

Make it harder: Add higher tables/box tops for children to bunny hop onto. Point toes.

Teacher to ask children to demonstrate showing good examples of bunny hops to the class



Activity 3: Bunny Hops in sequence

Can the children make up a sequence on the apparatus and **perform** to the class.

Choose different skills they have learned in the last two lessons and add into their sequence e.g roll and jumps.

They must include bunny hops in their sequence

Sequence

- ✔ Strong and controlled movements
- ✔ Linking with travelling moves
- ✔ Strong Start and Finishing position

Cool Down: Children to move around the room slowly – can they show three stretches that they know?

Plenary: Ask the children what is important when performing a Bunny Hop on apparatus?