

Learning Intention: How can you Bunny Hop onto various Apparatus?

Year 4

I can bunny hop onto low apparatus.

I can bunny hop onto apparatus from standing with control and some precision.

I can bunny hop onto apparatus with a short run up showing control, precision and fluency.

EQUIPMENT:

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

Warm up:

Teacher to place lots of spots around the room. Pretend they are lava spots and the children are not allowed to jump or step on them.

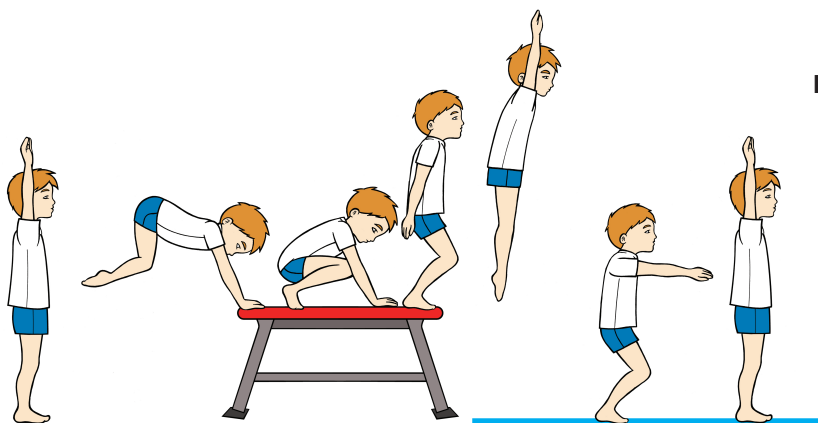
1. 'The lava is coming' = Show a balance (recap of prior learning).
2. 'Lava Jump' = Take off from one foot and land on two feet.
3. 'Help a friend' = Sit on the floor with a friend then stand up together – core strength.
4. 'Save the bunnies' = Children to move around performing a Bunny Hop (recap of prior learning)

Activity 1: Bunny Hop onto a variety of apparatus

Set up 6 stations - see page 2/3.

Q & A. What is important when Bunny Hopping onto apparatus?

1. Place flat hands onto box, shoulder-width apart, leaving a gap to place feet.
2. Bunny Hop onto box, keeping hands flat, arms straight.
3. Knees stay together and place knees in between hands.



Note: When groups rotate around stations, they are to walk like gymnasts – stand tall, slow with pointed toes. Children to always show Start and Finishing positions.

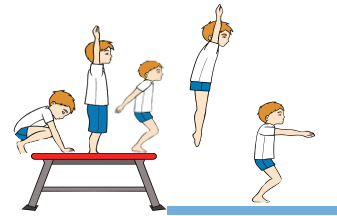
See video/
resource card.

Activity 1: Set up apparatus. Show video or demonstrate with the children each station.

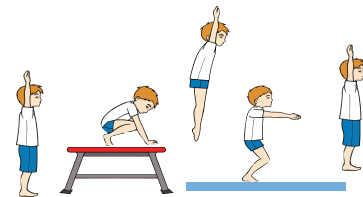
Station 1: Bunny Hop onto low box top (lengthways)

1. Place hands onto box, shoulder-width apart, leaving a gap to place feet.
2. Bunny Hop onto box, keeping hands flat, arms straight.
3. Knees stay together and place knees in-between hands.

Remember landing techniques for jump: bend knees



Make it easier: Jump off from Rocket Shape. Step 1 resource card.



Make it harder: Jump off from Squat shape. Step 2 resource card.

Station 2: Hopscotch (use spots/ throw-down feet)

Hopscotch to the end and back again.
How many times can the group go backwards and forwards?

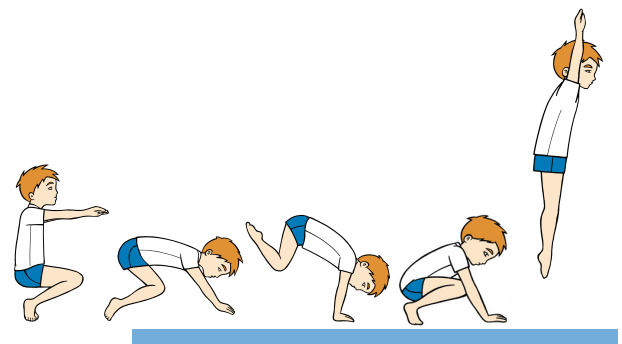


Station 3: Bunny Hops along a mat

Children to practise their bunny hops on a mat.

Hips as high as possible: keep arms straight.

This helps develop strength for vaulting.



Make it harder: Perform a straight jump at the end

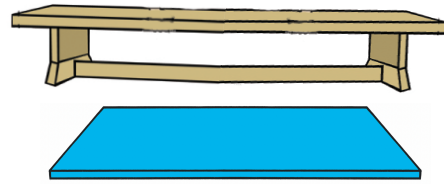
Bunny Hops onto apparatus:

- ✓ Hands flat on box top/mats
- ✓ Arms straight and strong
- ✓ Look forward

Station 4: Bunny hop onto bench (widthways).

You can set one or both stations up. Children can choose which one they go on.

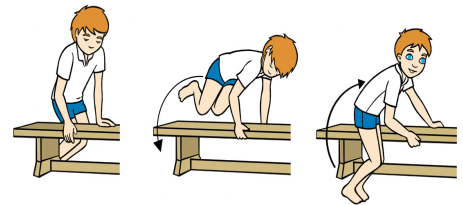
Jump off onto a mat from squat shape.



Make it easier: To jump onto two benches pushed together

Station 5: Bunny Hop

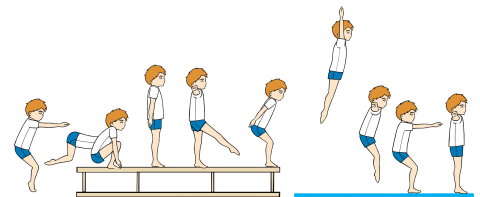
Bunny hop over a bench, jumping from side to side.



Make it harder: Lift hips higher and point toes.

Station 6: Bunny Hop onto bench

Children Bunny hop onto the bench walk along with pointed toes shape and jump off onto the mat.



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 onto apparatus?