Modifications:

- jump down the hall to the next destination or from centers to desk in the classroom
- place a hula hoop on the floor. Jump in place inside the hoop for placement information

Locomotor Activity 5

Rabbit Hops

Instructions:

- Have the child hop with both feet into each circle and onto each square in the pattern provided.
- Have him pause after each hop, regaining stability before hopping again.

Further Suggestions:

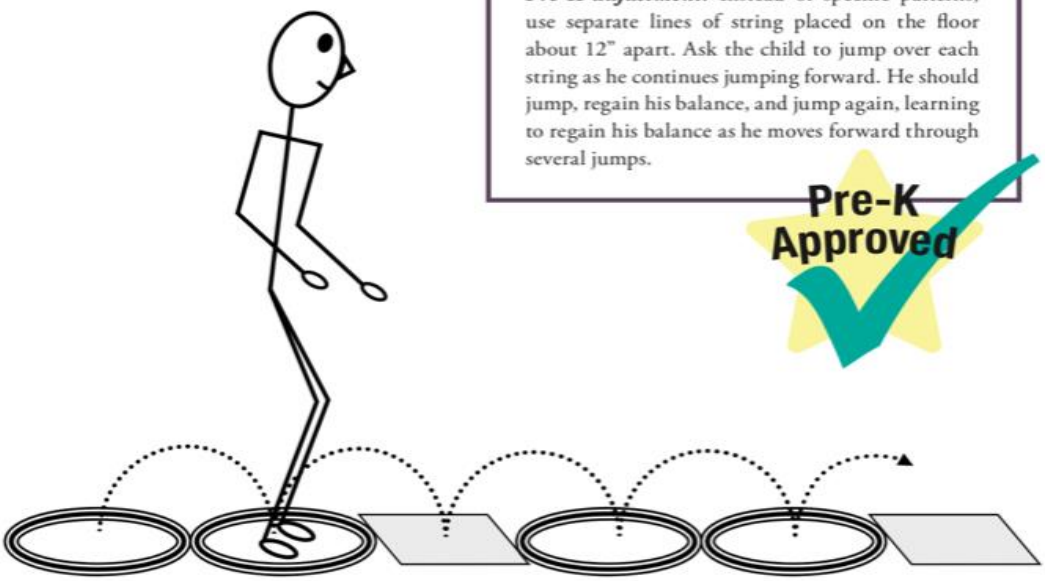
- Can easily be used in obstacle courses or while having the child read letters and numbers on the floor.
- Include lessons in shapes, patterns, counting, etc.

Performance Objectives:

- Develop motor control
- Improve equilibrium responses and balance
- Stimulate the proprioceptive system through the "Heavy Work" of jumping
- Develop eye-foot coordination
- Stimulate linear vestibular responses

Pre-K adjustment: Instead of specific patterns, use separate lines of string placed on the floor about 12" apart. Ask the child to jump over each string as he continues jumping forward. He should jump, regain his balance, and jump again, learning to regain his balance as he moves forward through several jumps.

Pre-K Approved



Add:  or CAT or 5 or ?

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L5
Locomotor

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Rabbit Hops



Level of Difficulty



Intensity Level

L5