



SEAGULL HOP

*Cautiously hopping
across the hot sand,
Seagull tries to steal
A hot chip from my hand!*

PURPOSE

- An important movement skill
- Improves our ability to balance while moving
- Strengthens our hip and leg muscles



INSTRUCTIONS

1. Balance on one foot
2. Bend your knee
3. Swing your arms and straighten your leg to hop up high off the floor
4. Land back on one foot, bending your knee as you land
5. Do 8 hops on the same foot, then switch legs



WATCH FOR

- Soft, quiet landings (bending ankles, knees and hips)
- Support leg bending as you land, then straightening to push off
- Landing and pushing off on the ball of the foot
- Head and torso stable, with eyes looking forward
- Arms swinging forward as you push off from the floor
- The lifted leg bent and swinging forward as you push off from the floor
- Maintaining balance for consecutive hops
- Hips staying level





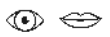
MODIFICATIONS

- Do smaller hops. Build up the height of your hops as your strength and balance improve.
- Seated- 'Hop' or lift one foot off the floor. Use your arms to propel the 'hop' or to lift your thigh up off your seat.



MORE CHALLENGING

- Hop in different directions - forward and back, then side to side



MAKE IT MULTI-SENSORY

Imagine you're hopping on hot sand at the beach. Keep hopping quickly to keep your feet up off the sand.

If you live near a beach, see if you can hop across the sand. It's much more tricky! Can you make it all the way down to the cool, wet sand?



PROGRESS TRACKER

How many hops can you do without losing your balance?



Date	My personal best	My goal for next time