

# The little red riding hood



Topic: Hopping skills, balance



**Key terms:** standing on one foot, turning around ones axis, jumping on one foot

**What we need:** paper flowers, basket for each child (if possible)

**Estimated time: 10 - 15 minutes**

**Methods:** game, explanation, discussion

**Activity description:**

Possible objectives: To improve hopping skills and overall body awareness.

**Activity:**

*Aim of the activity:*

To collect as many flowers as you can in a basket, whilst jumping and following instructions given by the teacher.

*Background context:*

Hopping on one foot involves a child's strength, balance and overall body awareness. Hopping can be considered as a foundation movement for more complex and specialized skills required in different games, sports and activities at school.

*Before the activity:*

Create paper flowers with the children before the play. Now use these flowers and scatter them around the place.

*Introduction to the activity:*

Children, do you know a fairytale about Little Red Riding Hood? What did she do in the dark woods?

What did she bring to her grandmother? Can you name any of the other characters from the story?

*During the activity:*

The children are the little red riding hoods and are collecting flowers for their grandmother. But there is a catch! Children can only move by jumping on one foot and before picking up a flower they need to make a turn jump. Children can also be divided into groups and one group can pick up only specific coloured flowers or have different instructions for jumping.

*Possible evaluation questions for children:*

Who has collected the largest number of flowers? How was the process? What was the most difficult task, the spin, turning while jumping or jumping on one foot?

**Curriculum links:**

Movement and physical vitality

**Sources:** © This activity sheet was created by The Take Me Out Partnership

**Notes:**

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