

UNILATERAL ACTIVITIES

WEEK 5

STATION 7

Skills Developed

Laterality, locomotor skills, motor planning

Equipment

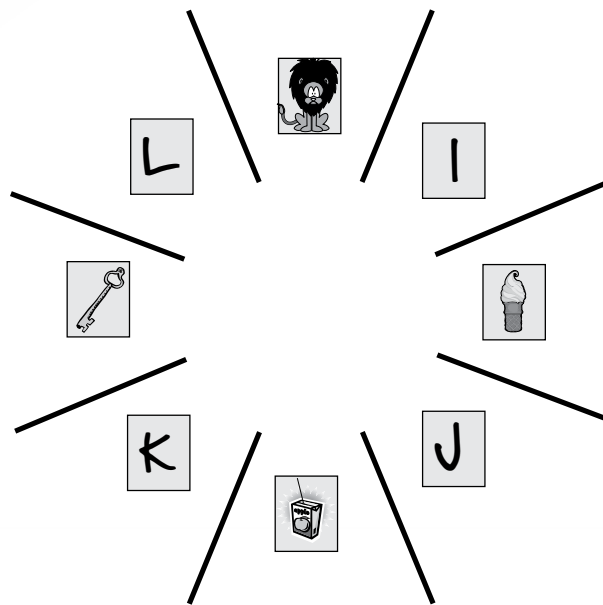
- Jump ropes or floor tape
- Active learning cards (uppercase letters)

Setup

Using jump ropes or tape on the floor, create a series of lines in a pattern similar to that of spokes on a wheel (see diagram). Place active learning cards (in any order) in each space between the lines.

Activity

Hop over the lines, taking off and landing with the same foot. On each landing, say the letter or picture shown on the card. Go around once and then repeat with your other foot. If your teacher asks you to, change directions.



Skill Check

Make sure that the student uses proper hopping form:

- Swing your non-weight-bearing leg like a pendulum to produce power.
- On landing, keep the foot of your non-weight-bearing leg behind your body.
- Bend your arms and swing them forward to produce power.