



Physical Health, Well-Being, and Movement Skills Activity for 48 to 54 Months

Bunny Hop Game

Children are ready for hopping once they can jump in place. This activity promotes gross-motor development and introduces the colors red and yellow.

Materials:

- Red tape
- Yellow tape
- Colored construction paper
- CD player and music record with tempos conducive to hopping

What to do:

1. Cut out spots and tape them on the floor to form a circle. Space them so it takes three child-size hops to move from one spot to another.
2. Place a patch of red tape or construction paper on the child's right shoe, and a yellow patch on the left.
3. Have the child stand on a spot. Play a bunny-hop song, instructing the child to hop on one foot to the next stop when she hears you say, "hop, hop, hop," and to stop when the music stops.
4. Demonstrate this activity before the child attempts it, if necessary.
5. Explain you will tell the bunny which color foot to hop on ("yellow foot up" or "red foot up").

