Activities to work on for improving hopping

1. **Single Leg Stance:**
   a) At least 10 seconds
   b) Keep space between knees
   c) Focus on object in the distance to help maintain balance
   d) Progress to reach for an object out in front while balancing on one leg or tossing a ball back and forth while balancing

2. **Hopping**
   a) Start hopping in place, complete 5x on each leg
   b) Progress by having child hop forward, backward, and side to side a few steps
   c) Continue progression by having child hop 1-2 ft marked by a cone while maintaining balance
   d) If child successfully completes these activities, can further progress by hopping over objects of various heights

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**Developmental Time Range**

**Milestones they have hit by age 5:**

In order for your child to successfully hop on one foot several times, he or she has learned to:

- stand on one leg for at least 5 seconds
- kick a ball forward
- jump over an object
- walk in a straight line
- hop on one foot

These developmental milestones achieved around age 4 will allow your child to progress the gross motor skill of hopping and continue the avenue of growth in motor development.

**Milestones your child is currently working on at age 5:**

- standing on one foot for at least 10 seconds
- skip with alternating feet
- walk on a balance beam
- hop on one foot several times
- start and stop quickly

These milestones will allow your child to progress later on to galloping and more advanced motor skills in structured physical activity.
Activities promoting other developmental domains

1. **Social/emotional skills:** Provide positive reinforcement or consider using a point system to encourage compliance (i.e. give child a point when they successfully complete each activity).

2. **Language skills:** encourage child to count out loud while hopping or balancing

3. **Fine motor skills:** The child can maintain balance by standing on one leg at a table while playing with legos. This can help the child develop their three finger grasp.

4. **Cognitive skills:** Use shapes and colors as cues to direct the child in the direction of the hop. For example, “hop to the blue cone” or “hop to the square.”

5. **Combination:** The game “red light, green light” will help advance social/emotional, language, and cognitive skills while working on hopping. For directions on how to play red light green light, see [https://www.playworks.org/resource/](https://www.playworks.org/resource/)

Cues to give child when performing activities:

1. Encourage the child to hop “quietly” to minimize impact on joints and promote motor control. Ex: “pretend like you are hopping onto an egg that you do not want to break.”

2. Minimize use of hands and arms standing on one leg to maximally challenge balance.

3. Follow a set schedule for the activity. Use this activity in combination with others to achieve a minimum of 60 minutes of physical activity per day.

4. Once your child has mastered an activity, acknowledge the accomplish (i.e. reward system or positive feedback).

Home set up:

- Perform activity in open space.
- For safety, have counter or table nearby should child lose balance.
- Before beginning the hopping activities, have child cut out shapes of different colors to use as cues during the activity. This can encourage the child to not only improve his or her gross motor skills, but also improve upon fine motor skills and ownership of task.
- To promote emotional support and motivation, encourage familial involvement, whether that be parents or older siblings.

Evidence:

- Information regarding this milestone, and other for 5 year-olds: [https://medlineplus.gov/ency/article/002002.htm](https://medlineplus.gov/ency/article/002002.htm)
- Activities to aid in Functional Development in children 4-12: [https://science-sciencemag-org.pitt.idm.oclc.org/content/333/6045/959](https://science-sciencemag-org.pitt.idm.oclc.org/content/333/6045/959)
- Children Milestone information: [https://pediatricapta.org/includes/fact-sheets/pdfs/FamilyResources.pdf](https://pediatricapta.org/includes/fact-sheets/pdfs/FamilyResources.pdf)
- Developmental abilities of 5 year-olds: [https://pathways.org/growth-development/4-6-years/milestones/](https://pathways.org/growth-development/4-6-years/milestones/)