



BC BLIND An Opportunity for All!

Week 7

Skill of the week: Hopping and Jumping

Hopping and jumping are motor skills that are useful in many physical activities. Begin with **two footed jumps on the spot**

1. Crouch down with the knees bent and then “explode” upwards, landing on the same spot you jumped from. Use a tactile or visual identification such as a soft mat or use a hula hoop and stay with in it.
2. Swing the arms upwards together at the same time the jump happens. You can use a hula hoop or foam swim noodle for them to hold onto to promote confidence as well.
3. Landing should be knees bent to absorb the impact. Try it on grass or carpet and avoid concrete. Blacktop roads are even softer than concrete
4. When confident have them jump up and touch an elevated object like a noodle

Two footed hopping for distance

1. When hopping forward swing the arms forward instead of upwards
2. Have a target area to land in using hoops or a colour taped zone
3. Guide using hoops or noodles or hockey sticks for them to hold on to at the beginning
4. Push off from the toes by rolling forward from the crouch.
5. Gradually extend the distance of the targeted landing area

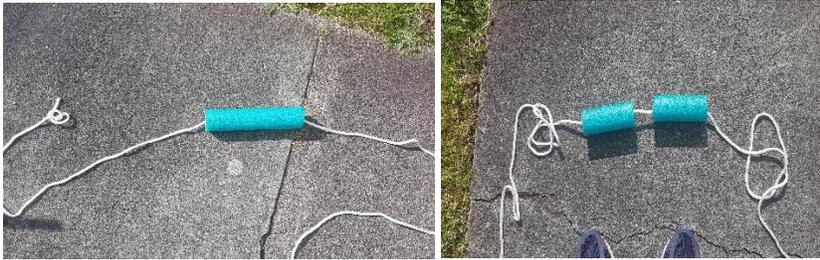
One-foot take-off

Repeat the same skills but on one foot.

1. Use a noodle or hula hoop as a stabilizing device for them to hold with one or two hands to help with confidence when jumping

Equipment of the week: Pool Noodle

A handy piece of equipment to have is a set of inexpensive foam pool noodles. They can be used for a variety of fun physical activities. You can throw them like a javelin from track and field as they are easily grasped. They can be used for making boundaries for games that require targeting practice like bowling. They make great markers for safe areas when marching running or jumping. Many of them have a hollow centre and could be threaded on to rope. Make a jump rope with a piece of foam tube to help slow it down and provide a visual clue to help with initiating a jump over the rope. One- or two-pieces work



They can be used as a bat for striking games like softball. They can be adjusted to the height of the student with ease. Make circles by duct taping them together

Use them to guide the stroke for golf or hockey shots by lining them up. Use them to help give a tactile guide for the marching drills from previous weeks or use them as a barrier for safety when trying throwing activities

A great guiding tool for holding on to when hopping or jumping in games or movement skills



Game of the week: Beans

Travel and move like different sorts of beans.

“Jumping Beans” – use two feet

“Beans on toast”- curl up small and still

“Jellybeans”-wobbly body and movement

“Hot Bean” -jumping on one foot

“Runner Bean”-running or marching

“String Bean”- tall stretched out

Play in a safe area allowing for movement. Have them move to a hoop or marked space to perform the movement or bean type.

Websites of the week

Two videos from the United States that have some useful information

<https://www.campabilities.org/instructional-materials.html>

Inclusion Series: Track Instructional Video:

Track instructional video on how to coach athletes with visual impairments

<https://www.perkinselearning.org/earn-credits/self-paced/staff-training-physical-education-children-visual-impairments>

Staff Training Video for Physical Education is to educate paraeducators, physical education, adapted physical education, vision teachers, orientation and mobility specialists, and any other staff who teach children in physical education about how to instruct meaningfully during physical education.

Please contact us with any questions or suggestions for resources to add to this program.

BC Blind Sports staff are working remotely at this time but can be contacted at info@bcblindsports.bc.ca or leave a message at 604-321-1638