

Name of exercise	The 1-2-3-hop sequence
Description of exercise	<p>The learner begins with walking a pattern of steps and counting 1 – 2 – 3 then hop</p> <p>They then repeat this pattern</p> <p>Then they walk 1 – 2 – 3 steps, then bounce with two feet together, and then bounce again</p> <p>Then they repeat the whole sequence and add a change of direction between the first and second bounces</p> <p>Then working with a partner they make the full sequence, matching 'same-same' footwork.</p>
Key themes that this exercise can support	Balance, coordination and sequencing
Emphasised at	Early and First levels
Appropriate for	Early – Second levels