**Hop**

Kindergarten Benchmark –

Demonstrate Hopping in place correctly on each foot.

* Initiate the motion by flexing the knee and ankle of the support leg, with the foot of the non-support leg off the ground.
* Extend the knee and ankle of the support leg forcefully, while swinging the knee of the non-support leg upward (knee bent at least 90 degrees) to provide lift and balance. The toes of the support foot leave the jumping surface last.
* Land on the ball of the foot while flexing the ankle and knee of the support leg to absorb the force of the landing and prepare for the next hop.
* Flex the elbows 80-100 degrees and move the arms to provide lift and balance.

1st Grade Benchmark –

Demonstrate mature form in a smooth, continuous motion while hopping on each foot.

* Initiate themotion by flexing the knee and ankle of the support leg, with the foot of the non-support leg off the ground.
* Extend the knee and ankle of the support leg forcefully, while swinging the knee of the non-support leg upward (knee bent at least 90 degrees) to propel the body up
* Land on the ball of the foot while flexing the ankle and knee of the support leg to absorb the force of the landing and prepare for the next hop.
* Flex the elbows 80-100 degrees and move the arms to provide lift and balance.

2nd Grade Benchmark –

Demonstrate mature form (same description as 1st grade) WHILE hopping, changing feet every four hops.

3rd Grade Benchmark –

Demonstrate mature form when hopping in time to music of moderate tempo, changing feet every four hops.

4th Grade Benchmark –

Demonstrate mature form when hopping in time to slow, moderate and fast tempos, eight consecutive times on each foot.