

## Monster Hop

**Purpose / Key words:** gross motor, motor planning

**Age range:** K- grade 2, grade 3-5

### **Materials:**

- Construction paper in various colors
  - Masking Tape
  - Pencil
  - Scissors
- Optional:* printed monster footprint template

### **Instructions:**

1. Draw or trace the outline of a monster footprint on one piece of construction paper
2. Cut out the monster footprint
3. Hold this print over about 6 sheets of construction paper and cut more matching prints out. Repeat until you have all your prints cut out.
4. Place the footprints on the ground to create a hopping pattern
  - Use a small piece of masking tape on the bottom of each footprint to help keep them in place

\*Encourage hopping with feet together, both feet should leave and land at the same time

\*Change the pattern throughout the activity, the kids can create their own patterns as well

### **Activity Modification**

- **To simplify**
  - Start small, using only a few foot prints
- **To make more challenging**
  - For kids working on their scissor skills, you can draw/trace the monster footprint on all the pieces of construction paper and have the kids cut out the prints
  - Turn sets of prints in different directions to make the course more challenging
    - Include some footprints without a match to encourage hopping on one foot



