



## HOPSCOTCH

Suits ages 40 – 60 months



### ***What you will need:***

- Chalk
- Small beanbags to throw

### ***What you do:***

1. Draw a hopscotch design outside on the ground, ensuring the squares are big enough for one foot to hop and jump between for both adults and children.
2. To hopscotch you hop with 1 foot in the single boxes and in the double boxes you jump placing 1 foot in each box.
3. Explain to your child/children that they are going to take turns with an adult and each other to throw the beanbags into the numbers, starting with number 1. If they get it into the correct square they get to 'hopscotch' all the way to number 10 and back, picking up their beanbag while balancing on one foot. If they do not get the beanbag in the number they miss a go. Explain to your child/children when they have had their turn/missed a go they then run to the back of the line again.
4. When it comes back around to your first child again, they then have to get it in square 2 and repeat the process. Each round the children your child/children complete they will then have to throw to the next number.
5. If you, your child/children fall, jump/hop into the wrong square or miss the square then you or your child/children lose a turn and must repeat the same number on their next turn.
6. The goal is to throw the bean bag into every square when it is each of individual's turn, the first child to get to number 10 wins the game.

This is great way to engage children in physical activity and moving freely and confidently in a range of ways while skillfully negotiating space to ensure they land within the square. It also builds upon their ability to stand momentarily on one foot.

This will also build on personal social and emotional development though building on your children's ability to take turns and learn to be patient.