Hopscotch

Gather

- Game area marking materials - choose one, or invent your own!
  - Chalk (outside)
  - Masking tape (inside)
  - Hula hoops, pool noodles, or sticks (either!)
- A place marker, like a rock, or a small beanbag or rolled up socks if you’re inside

Let’s Play!

1. Draw a traditional hopscotch diagram like the one to the right with your materials of choice.
2. Throw your place marker onto square 1. If it lands on a line, or outside the square, you lose your turn.
3. Being sure to skip the square your marker is in, hop on one foot into the first empty square, and then every subsequent empty square. At the pairs (4-5 and 7-8), jump with both feet.
4. At 10, hop with both feet, turn around, and head back toward the start.
5. When you reach the marked square again, pick up the marker -- still on one foot! -- and complete the course.
6. Pass the marker to the next player. On your next turn, throw the marker to the next number.
7. If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. Whoever reaches 10 first, wins!

How Does it Work?

Hopscotch has a long history as both a children’s game and exercise training! Discover more information and the benefits of this movement activity at:

https://www.britannica.com/topic/hopscotch-game
https://playandgrow.com/playing-hopscotch-important/

Take it Further!

For an extra challenge, place some obstacles on your hopscotch board. Do you need to hop around the obstacles, or inside them? You could use hula hoops or pool noodles for extra hopping challenges, or mark new areas off-limits! Decide on your rules together, and have fun!