

# Hopscotch!

*Children practice hopping on one and both feet.*

## START

- In this activity, children get to work on their gross motor skills while they have fun playing hopscotch.
- Set up the hopscotch board on a rug or floor area, using the yarn for the square borders. Tape down as needed to create stable edges. Each square is 1'x1', with the doubles (numbers 3 and 6) 1'x2'.
- Write large numbers 1–6 on the index cards and place in the upper left corner of each square; tape them down.
- Introduce the activity by asking Who would like to do some jumping and hopping? We're going to play hopscotch, so let's get warmed up!
- For younger children, have them warm up by jumping with both feet in place.
- For older children, have them warm up by switching from jumping with both feet to hopping on one foot.

## NEXT STEPS

- If the children are having trouble warming up, try clapping out a rhythm and having the adults do some hopping as well.
- For younger children, have them start by working on jumping into square #1 with both feet. See if they can get through the whole board and give them a big high 5 no matter how far they get.
- For older children, have them go through the whole board in sequence, using hopping and jumping. When they get to the end, they can turn around and come back if they'd like to keep going or if the line is not too long.
- This activity will involve waiting for a turn, so it might be useful to have a second activity leader there to help the children with this important social skill. The children waiting in line could practice their hopping, clap out rhythms for each other, or watch the player taking his or her turn.
- You can support the children's efforts by describing the behaviors you want to encourage with comments such as You're taking turns! Keep trying! Wow, you're working so hard! Way to go!

## MATERIALS

- \* 24" of heavy yarn or string
- \* M painter's tape
- \* 3–5 1-foot rulers
- \* 6 index cards
- \* Markers
- \* Assorted beanbags

NOTE: If there is space available, double the number of materials and create 2 boards. If there is space outdoors, substitute chalk for the string, tape, and cards.

## Learning Guideline:

Physical Development:  
Build body awareness, strength, and coordination through locomotion activities.

## Tip Sheets:

Be Healthy, Play

*(continued on side 2)*



(continued from side 1)



### FINISH UP

- As the children are taking their last turns, you can ask questions such as Was that fun? Did you see how much further you got on that last one? Who wants to keep hopping when you get home?
- Children can help clean up by collecting the beanbags, straightening out the squares' edges, and making sure the index cards are still in the boxes.

### EXPAND YOUR ACTIVITY

- For younger children, you can clap with them as they practice hopping on both feet, then switching to one foot and back to two again.
- For older children, they can try tossing the beanbag into any square, and hopping over that square as they go through and back again trying to stay inside the lines of each square.

### TAKE IT HOME

- Help your children figure out where they could make their own hopscotch board at home. Do you have an area outdoors or indoors? Let them do as much of the measuring and creating borders as they can, helping them as they go.
- Show your child how to play the whole hopscotch game. Start by throwing the beanbag into square #1, hop over that square up and back, picking up the beanbag on the way back. Next, throw the beanbag into square #2, and continue the sequence all the way through the board. If the child can't pick up the beanbag or misses a square, it's the next player's turn.

### BOOKS

- *Oh, the Things You Can Do That Are Good for You! All About Staying Healthy (The Cat in the Hat's Learning Library)* by Tish Rabe
- *Five Kids & a Monkey Solve the Great Cupcake Caper: A Learning Adventure About Nutrition and Exercise (Five Kids & a Monkey, Series One)* by Nina Riccio
- *Franklin Plays the Game* by Paulette Bourgeois and Brenda Clark

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