

Hopscotch

Age Range: 5-11

Ideal Number of Players: One or more

Equipment Needed: Chalk, a flat pavement and a bean bag

What to Do:

Use chalk to draw a hopscotch grid on the pavement. The grid typically consists of a series of numbered squares and a designated starting point

Number the squares from 1 to 9 (or more, depending on the size of your grid)

At one end of the grid, mark a designated starting point, this is where the player will stand to begin the game

Each player takes turns throwing a beanbag onto the hopscotch grid, the goal is to land the bag in the first square without it touching the lines or bouncing out

Once the bag is successfully thrown into the first square, the player hops through the hopscotch grid, skipping the square with the beanbag. If there are two squares side by side (e.g. 4 and 5), the player can land with one foot in each square

Upon reaching the end of the grid, the player turns around and hops back, stopping to pick up the beanbag in the square just before the one where it was thrown

The player continues hopping through the grid, picking up the beanbag on the return trip, until they complete the entire sequence by hopping through all the squares

If a player makes a mistake (e.g. steps on a line, loses balance, or misses the square with the beanbag), their turn ends, and the next player gets a chance

Players take turns throwing the beanbag and completing the hopscotch grid. The game continues until all players have had a turn, or until a predetermined number of rounds are reached

Remember, hopscotch rules can vary, and players often add their own twists to the game. The key is to have fun and enjoy the physical activity!

