HOPSCOTCH

Head up

Back straight

Bend knees for takeoff and landing

Hop on one foot, then jump on both feet

Work on balls of feet

WHY?
- Developing the midline to support development of cognitive skills
- Raising heart rate

WHERE?
- Classroom
- School hall

WHEN?
- Beginning and end of lessons
- Energiser during lessons

WOW!
- Use both the left and right foot for the hop
- How long can you hopscotch for without stopping?
- Hopscotch counting in steps of a number, e.g. 2s, 10s, 50s

INTENSITY
- One- to two-feet jumping with same foot hop
- One- to two-feet jumping with either foot hop
- Hopscotch in a small circle