

Hopscotch



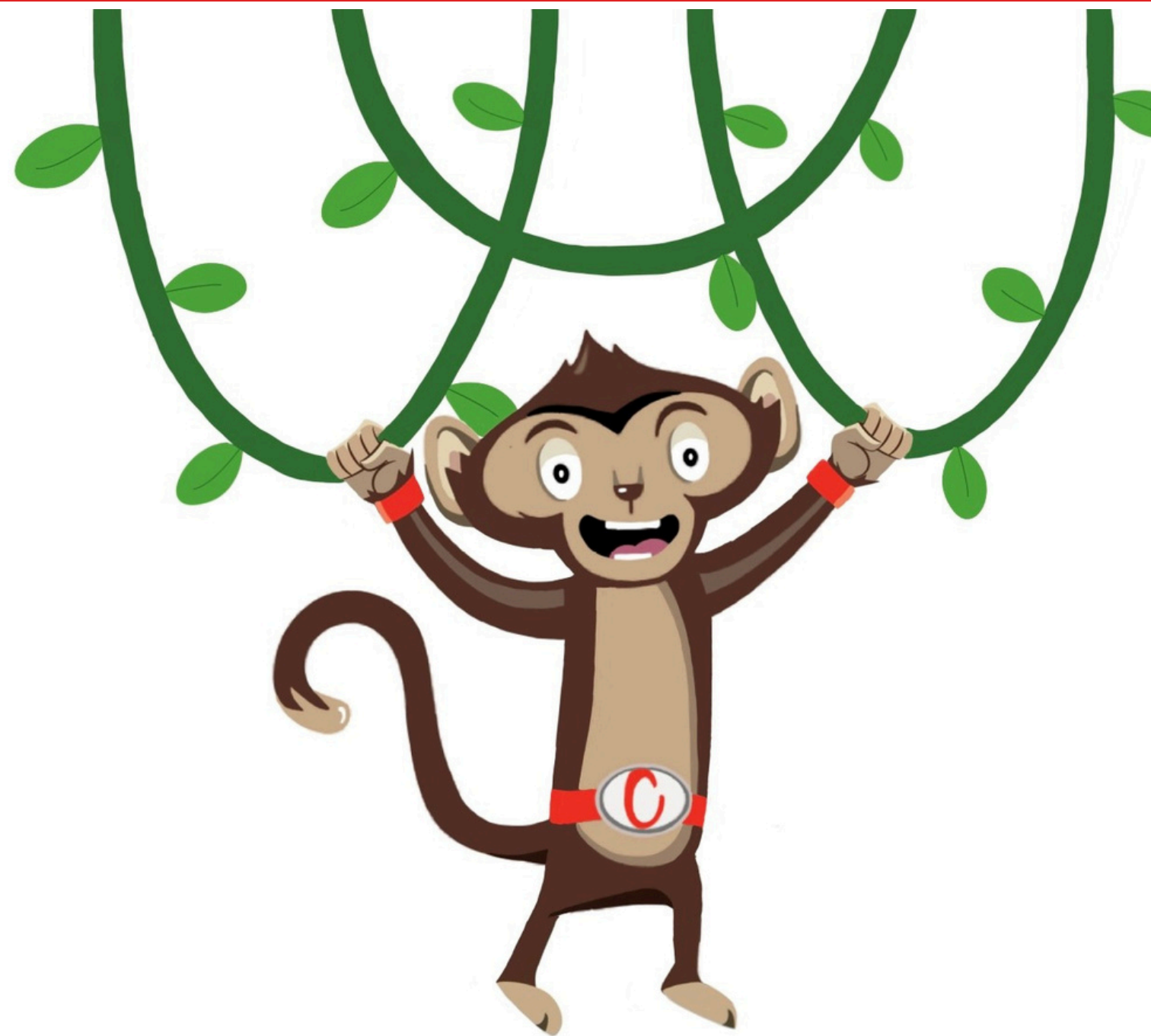
Cardio Booster



10-20 minutes



**outdoor space required,
coloured chalk, bean bag**



Instructions

This activity requires outdoor space. Split the class into small groups.

This works the same as normal hopscotch. Pupils (or teacher) should use chalk to draw out the hopscotch on the playground to match the example on the activity sheet (hoops or sticky spots can be used in assembly hall if no outdoor space is available). Pupils then stand at the beginning and toss a bean bag and hop or jump to where the bean bag has landed. They will then land on a number that has a colour which corresponds to the colour codes on the activity sheet to complete an exercise. The pupil then completes their exercise and throws the bean bag again, repeating the above steps they reach the end of the hopscotch.

Health & Safety

- Ensure ground is clear before taking part in any activity
- Remind pupils of their own spatial awareness
- Give clear instructions

Teacher Tips

- See Activity Sheet for colour coding of the numbers and corresponding exercises. This will be different for foundation, KS1 and KS2.

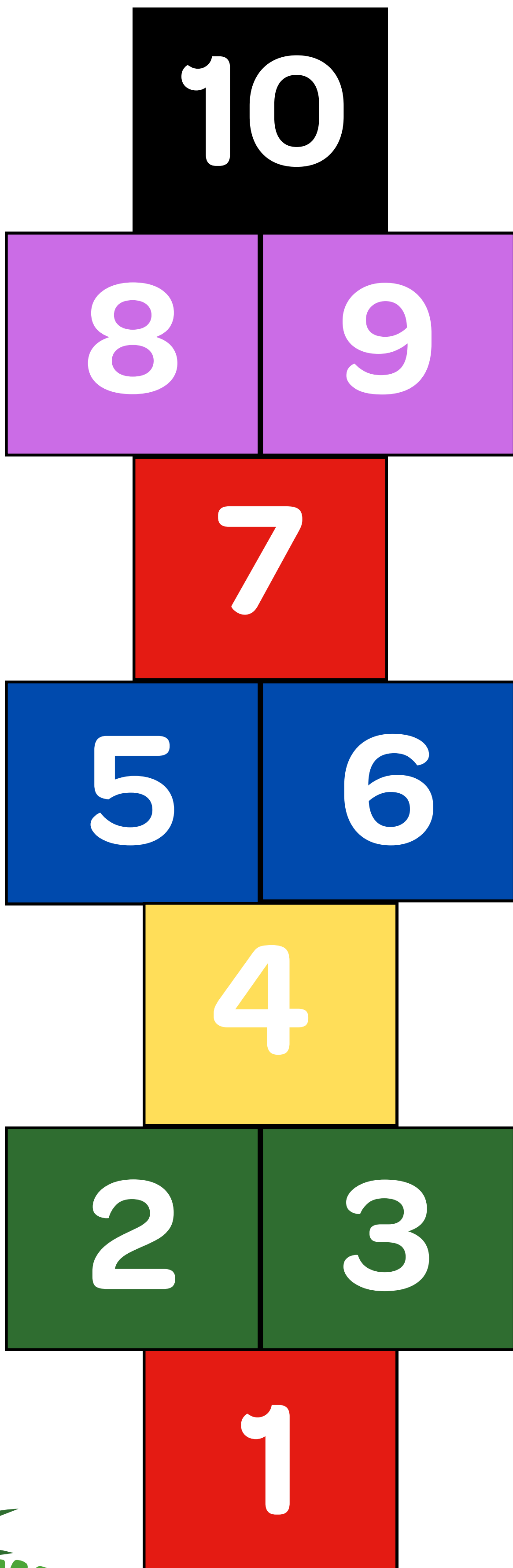
Hopscotch

Requirements

- Coloured chalk
- small object to throw e.g. bean bag
- outdoor space
- can use hoops or sticky spots indoors if no outdoor space available

How it works

- each section of the hopscotch is colour coded
- each colour represents a different exercise
- pupils should use chalk (or hoops if indoors) to mark out the hopscotch pattern
- pupils toss the bean bag and see where it lands
- pupils then hop and jump like normal hopscotch to where the bean bag landed - the colour they finish on has a corresponding exercise
- see below for information on colour coding and exercises



Colour coding

Foundation level and Key stage 1

Red: run on the spot to a count of 10

Green: 10 jumping jacks

Yellow: 10 arm circles (change direction halfway through)

Blue: 10 squats

Purple: Hop on one leg for a count of 10 (swap legs halfway through)

Black: Skip to the beginning and then skip back

To make this easier: instead of hopping they can just jump on to the square with both legs and then jump out wide, then back in, then out wide and back in and so on.

Key stage 2

Red: run on the spot to a count of 20

Green: 10 star jumps

Yellow: 20 arm circles (change direction halfway through)

Blue: 20 squats

Purple: Hop on one leg for a count of 20 (swap legs halfway through)

Black: Do lunges back to the beginning and then lunges back again

