



HOPSCOTCH



INTENSITY

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

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. 2's, 10's, 50's

Fold along line