Hop 3.3: Hopscotch  
8 - 12 year olds

TIME: 30 minutes
SKILL: Locomotion
EQUIPMENT: Hoops, chalk, tape, bean bags

Introduction (2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

*Why is balance important when you are hopping?*
Warm-up: Hoop hop (5 minutes)

- Spread a number of hoops around the activity space.
- Explain to children that you will call out a movement (walk, jog, gallop, skip).
- Children are to move that way around the activity space without touching the hoops.
- *When I call out “hoop hop” you must hop into and out of as many hoops as you can until I blow the whistle to stop.*
- Repeat several times, changing the movement each time.
- Once you have played a few rounds, take away half of the hoops.
- Variation: Challenge the children to hop in and out of a certain number of hoops: *I want you to try and hop in and out of 5 hoops before I blow the whistle.*

Demonstration: Various ways to hop (5 minutes)

- Demonstrate the following hops and have the children hop along with you:
  - Hop 5 times on right foot then land on both feet
  - Hop 5 times on left foot then land on both feet
  - Hop 5 times on right foot then balance on the right foot for 5 seconds
  - Hop 5 times on left foot then balance on the left foot for 5 seconds
  - Hop 5 times on right foot then land and balance on left foot
  - Hop 5 times on left foot then land and balance on right foot
  - Hop 5 times on right foot then switch and hop 5 times on left foot
  - Hop 5 times on left foot then switch and hop 5 times on right foot
  - Jump on two feet, hop on one foot, then repeat
- Challenge the children to create their own patterns if time permits

Practice: Red light, green light (5 - 8 minutes)

- Leader asks children to spread out along one end of the activity space.
- Explain the game “Red light, green light”.
- *When I call out “green light”, hop on your right foot towards the other end of the activity space.*
- *When I call out “red light”, freeze in a stork stand.*
- *When I call out “yellow light”, walk slowly towards the other end of the activity space.*
**TIPS FOR INSTRUCTION**

- Repeat several times switching the movement in “green light” to the various hopping movements demonstrated above.

**CUES**

- Look forward
- Spring with leg on the ground
- Swing arms forward
- Soft touch down
- “Hitch-kick”

---

**Game: Hopscotch** *(8 - 10 minutes)*

- Leader draws a hopscotch grid with chalk on pavement or uses tape on a floor.
- Hopscotch should have 10 sections numbered 1 to 10.
- Each player has a different coloured bean bag.
- First player tosses bean bag onto square 1, then hops over square 1 to square 2 and continues hopping to square 10.
- When player gets to square 10 they turn around and hop back again.
- When they get to the square before the square with their bean bag, they pause to pick up their bean bag and continue to hop back to the start.
- Then the next player goes.
- Once everyone has gone once, first player tosses bean bag onto square 2 and hops through hopscotch again.
- Game continues until everyone has tossed their bean bag into square 10.

**TIPS FOR INSTRUCTION**

- Hopping is done on one foot
- Children must hop over square that has their bean bag
- Leader can ask children to alternate feet
- Leader can ask children to start on one foot and land on other foot as in the Demonstration
- To maximize participation, have no more than 3 players per hopscotch grid

---

**Wrap-up** *(2 minutes)*

Call the children back into a circle or designated lines and review what they learned today.

*What did you find most challenging about the hopscotch game?*

*Where could you play this game?*

---

**DISCLAIMER:** The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.