

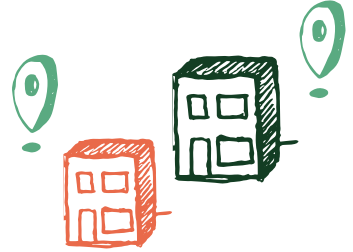


HOP ALONG

How many hops can you do without falling over?

A-Z

HOW TO PLAY GET HOPPING!



- > Stand on one leg
- > Hop on that leg as many times as you can!
- > Swap legs and do the same again
- > Which leg can you hop the most number of times on?

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Nothing!
- > A cushion or something to hop over if making it more difficult



REMEMBER You can hop on your own, in a group or even as a competition!



Why not try?

- > Hop forward, backwards or sideways
- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthHome

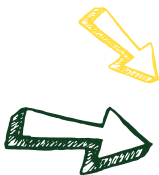
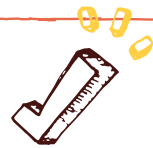
SAFETY...

Be sure to move any furniture out of the way!



CHALLENGE!

Can you hop over a small cushion?



ju:MP@HOME



For more fun activities visit:
JUMPATHOME.ORG

