

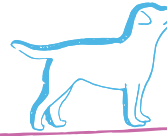


HOPSCOTCH

Can you do all of the activities?



HOW TO PLAY HOPSCOTCH



- > Hop on square number 1, jump one foot on square number 2 and one foot on square number 3
- > Hop one foot on square number 4 continue the sequence all the way to number 10 and turn around
- > Jump / hop all the way back to the start
- > Pick a number throw a bean bag on that square hop/ jump down the grid missing out this number
- > Pick up the marker on the way back up the grid

SUITABLE FOR: All ages

TAKES: 20-40 minutes



YOU WILL NEED:

- > Some chalk to draw out your hopscotch
- > Beanbag or something similar to thrown onto the numbers

SAFETY...

Be sure to find a suitable and safe place to play



REMEMBER

This is an activity everyone can get involved in!

Why not try?

- > **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 #Bringbackoutdoorplay



ju=mp FUN DAYS