

Hopscotch:

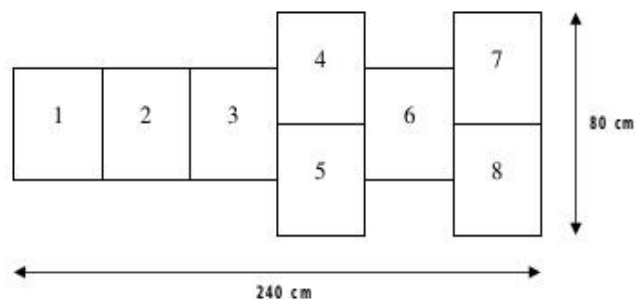
Hopscotch is a good game that can be played both indoor (using floor tiles as markers) and outdoors (with chalk on driveway or pavement). Keep making the hopscotch course bigger and bigger to keep your kids active and excited by all that jumping.



HOPSCOTCH GAMES

General Rules:

1. Miss a turn if
 - a. you step on a line
 - b. your stone or object lands on a line.
 - c. you play out of turn
 - d. you lose your balance and your other foot touches the ground.
2. Begin each turn at the point where previously missed. The winner is the first player to complete the entire game, all other players having had their turn.
3. In most games, a stone or flat object is required by each player.



HOPSCOTCH

Game:

Each player has a stone. The first player throws his/her stone into Base 1 then hops to Base 2 and 3, making sure not to step into the base containing the stone.

Player continues forward into Bases 4 and 5 with one foot in each base, hops into Base 6 then into Bases 7 and 8 with one foot in each base.

Player turns and returns in reverse order to Base 2, then balancing on one foot, bends forward to collect his/her stone and jumps out.

Player then throws his/her stone into Base 2 and continues his/her turn unless he/she misses, in which case he/she must return stone to Base 1 and the next player takes a turn. The game continues in this manner until a stone has advanced one space each time, reached Base 8 and returned in reverse order to Base 1.

The first player to finish is the winner.

Challenges/Changes

1. Vary the size and shape of the square.
2. Make some gaps between squares. That way, a person needs to jump over a distance to get to the next square.
3. Set a time limit. The person has a certain amount of time to complete the course or they miss their turn.