

Participants run/walk a half mile and perform the hopscotch activities after each half mile walk.



## Setup

- Prior to participants arriving draw a hopscotch station every half mile on the route.

## Safety

- Keep participants within their comfort zone.
- Make sure to pick up materials once done.
- Check for hazards.

- Explain to participants that there is a hopscotch station drawn on the sidewalk every half mile.
- Encourage participants to hop, skip, and jump their way through each hopscotch station.
- Have a leader or volunteer at each hopscotch station to encourage, engage, and support participants.



## Modifications

- Encourage participants to hop, skip, or jump around the playing area.
- Demonstrate modifications for participants who are hesitant:
  - Walk through hopscotch.
  - Walk backward through hopscotch.
  - Jump only.
  - Add in an agility ladder.
  - Use cut-up mats to encourage participants to lift their feet.

