

Participants take turns completing the hopscotch course, hoping over the numbered square with an object in it.



Setup



Draw a hopscotch pattern on the ground. Use chalk or tape to create a pattern. Some facilities may also have hopscotch patterns painted on the ground.

- Squares should be large enough to fit one foot and allow for stone or other object thrown to not easily bounce out.

Create enough patterns so that participants can play in small groups 3-4 participants per course. Hopscotch is also great as a station in larger circuits.


Instructions

The object of the activity is to complete the full course with an object thrown into each numbered square first.

- Throw a stone, beanbag or similar object to land on one square.
- The object must land inside the square without touching the border or bouncing out. If it does, the participant loses their turn and the next participant plays.
- **Note:** *Hopscotch can be played with just one person, in that case, make up your own rules!*
- Hop through the squares following the numbers, skipping the one where the object landed.
- Each square get's one foot, unless there are two squares side by side, then place one foot in each square.
- Feet must stay inside the the lines, and the appropriate sequence of numbers followed, otherwise the participant passes their turn.
- Turn around at the last square.
- Remaining on the same foot, change directions in a single hop and return to the start by completing the pattern in reverse order.
- Pickup the object on return.
- Stop in the square before the object, balancing on the landing foot, bend down and pick it up.
- Leap over the square and finish the pattern.

Variations

Participants take turns completing the hopscotch course, hopping over the numbered square with an object in it.

-  The variations to this game are only limited by your imagination
- Change the shape of the course.
 - Place some numbers out of sequence, or perform the course out of sequence.
 - Vary the size and shape of squares.
 - Create islands that you have to hop, jump or leap over.
 - Set a time limit.
 - Challenge participants to match your pattern, complete the pattern faster.