

Title: Indoor Hopscotch

Age Group: Kindergarten – School Age

Submitted by: **Anushi (St. Victor)**



Type of Activity: Gross Motor (Large Muscle) Exercise

Materials:

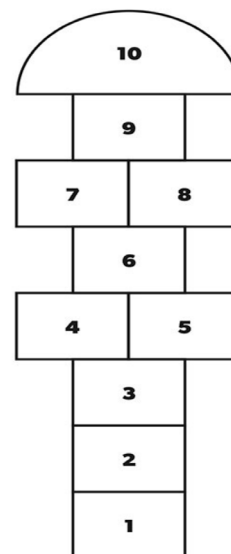
- Paint Tape,
- Scissors,
- Small ball, rocks or , stones, bean bags

How to Do it:

- Find an open area indoors, on a hard floor
- Have the child(ren) pull a long piece of tape while you or they cut it and place it on the floor creating a square shape.
- Once that's completed and is in the layout of a Hopscotch board, use the tape to create the numbers for the hopscotch.
- Child(ren) can throw a small ball or stones and hop to get it and finish to the end line:

- Rules: Throw a flat stone or similar object to land on square one
Hop through the squares, skipping the one you have your marker on
Pick up the marker on your way back
Pass the marker on to the next person

- Enjoy playing with your very own at at-home hopscotch!



Root Skill / Extension:

This activity can fall into two domains Cognitive and Physical. Cognition; Representing Numbers (4.15), as they children are recognizing numbers and writing numbers. Cognition; Counting (4.12), as the children will be counting as they are hopping. Lastly, Physical: Gross Motor Skills (5.2) as the children will be hopping and jumping.