

# Hopscotch

Action Schools! BC

✓ classroom

✓ Gymnasium

✓ outdoors



K - 3

Healthy Bones

Strong bones are built during childhood and adolescence. Jumping, weight-bearing, and strength training activities build strong skeletons, and decrease the risk of osteoporotic fractures later in life.

Hopscotch has been played around the world for hundreds of years. Players take turns hopping and jumping over lines, squares, circles and Xs drawn on the ground travelling up and down hopscotch patterns. Hopscotch games contribute to improved bone health and help students develop coordination, endurance, strength, agility, and balance.

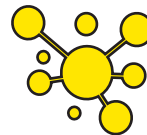
**HEALTH COMPONENTS OF FITNESS**

ENDURANCE  
FLEXIBILITY  
STRENGTH

HOPPING  
JUMPING

**FUNDAMENTAL MOVEMENT SKILLS**

## CURRICULUM CONNECTIONS



### BIG IDEAS

- Daily physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living (K-1).
- Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being (2-3).
- Learning how to participate and move our bodies in different physical activities helps us develop physical literacy (2).
- Movement skills and strategies help us learn how to participate in different types of physical activity (3).

### CURRICULAR COMPETENCIES:

- Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments.
- Participate daily in physical activity at moderate to vigorous intensity levels.
- Identify and describe opportunities to be physically active at school, at home, and in the community (K-2).
- Identify and describe opportunities for and potential challenges to being physically active at school, at home, and in the community (3).

## CONTENT

- Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills.
- How to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games.
- Effects of different activities on the body (1).
- Effects of physical activity on the body (2).
- Practices that promote health and well-being.

## FIRST PEOPLES PRINCIPLES OF LEARNING FOR ALL STUDENTS



- Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.
- Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place).

## COMPREHENSIVE SCHOOL HEALTH CONNECTIONS



## RELATIONSHIPS AND ENVIRONMENTS

- Pair students into diverse groups regardless of ability and consider using a variety of environments (e.g., indoors and outdoors).

## TEACHING AND LEARNING

- Students learn about and explain how this activity helps the different aspects of their physical health (e.g., muscular endurance, cardio endurance, bone health).

## COMMUNITY PARTNERSHIPS

- Consider combining two classes and making groups with members from each class (e.g., little buddy classes with big buddy classes).

## OUR SCHOOL POLICIES

- Ensuring students follow guidelines on how to treat and speak with others.

## EQUIPMENT AND RESOURCES



- Sidewalk chalk
- Painter's tape, tokens (piece of chain, small bean bag, smooth stone, etc.) for tossing into the hopscotch squares that do not roll or bounce

## IMPLEMENTATION



- Paint a variety of permanent hopscotch patterns throughout the playground or use sidewalk chalk or painter's tape (see variations at WikiHow's *How to Play Hopscotch* - <http://www.wikihow.com/Play-Hopscotch>).
- Often the rules of the game are agreed upon by each group.
- Teach and develop hopping and jumping skills and games in Physical Education.
- Use painter's tape to tape a hopscotch pattern in the classroom (at the door), hallway or gymnasium at a hopping station encouraging students to hop often.
- Invite family members to share their versions of hopscotch.
- Train student leaders to help younger students learn and play the games at recess and lunch.
- Implement the *100 Actions on 100's Days* (available from: [www.actionschoolsbc.ca/resources](http://www.actionschoolsbc.ca/resources)).
- Have students brainstorm how participating in this activity can contribute to their physical health (e.g., Helps to enhance their coordination, strength, and endurance levels, etc.).
- Ask students to reflect on and explain how participating in this activity made them feel (e.g., They did/did not have confidence in themselves, they enjoyed playing with their friends, they felt frustrated, etc.).
- *Bounce at the Bell* (available from [www.actionschoolsbc.ca/resources](http://www.actionschoolsbc.ca/resources)) can be used as an introductory activity to teach basic concepts of jumping and landing.

## ACTION TIPS

- Number the squares sequentially. Jump (two feet), hop (one foot), or straddle jump in all of the squares, then the even numbers, then the odd numbers. Avoid stepping on lines.
- Play Follow the Leader through the hopscotch.

## SAFETY CONSIDERATIONS

- Ensure students warm up before the activity and cool down and stretch afterwards.
- Ensure teacher is present and can observe students at all times during the activity.
- Ensure proper footwear and tied laces.
- Review safety guidelines when in close proximity to others (bumping in to others, etc.).

## EXTENSION OF LEARNING

- Encourage students to do this activity outside of school. Discuss where and when (e.g., after school at a playground by their home) and who they might be able to do it with (e.g., family, friends, etc.).
- Using sidewalk chalk, encourage students to create hopscotch designs at home on the sidewalk, driveway or in another area that is safe for them to participate.