

Ann's Creative Corner

Project #516: Hop Scotch Gross Motor Skills

- On a paved outdoor safe area away from traffic and bicycle path, create a series of squares in any order you like.
- Try putting numbers, drawings, shapes of colours on them.
- Children may like to walk on these step by step.
- Increase the step by step to hopping on two feet.
- Increase the two foot step to hopping on one foot.
- If children are just learning to hop and jump, practise this before trying your physical hopscotch game.
- Remember that there are no rules as children can choose and practise any form of hopping or jumping from square to square or random hopping or jumping.
- Try making a hopscotch with interlocking foam mats for indoor play. These are safe and comfortable for toddlers or babies that are crawling. Be sure pieces are interlocked securely and lay flat for safety as there could be a tripping issue.
- Try making a paper hopscotch by taping various colours of construction paper together and then writing the numbers on them.
- These can be taped to a floor area. Be sure it is secure so children do not slip or trip on the paper or the edges.
- Add some small bean bags to toss onto the mats. While the child is hopping from square to square, they can pick up the bean bag along the way. This is a form of balance that they may do on one foot or two feet.

Activity: Go to a gym where there are lines printed on the floor. Try hopping on the lines, There may be a premade hopscotch in various gyms and playgrounds as well.

