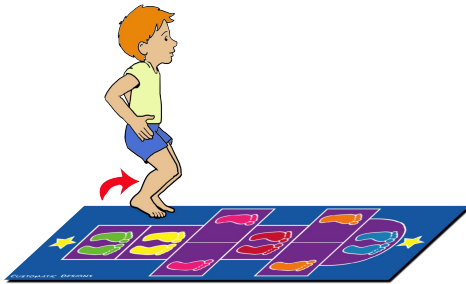


# Beginning Hopscotch

\*Note: make sure child bends knees both jumping and landing.



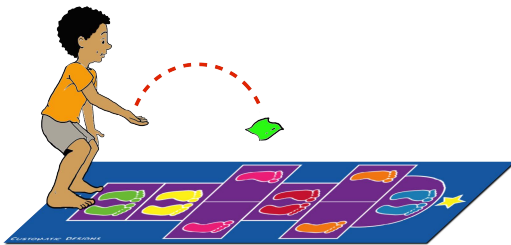
**1.** Have child begin at starting star. They will bend their knees and get ready to jump.



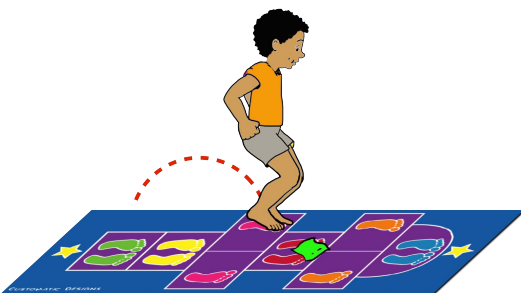
**2.** Bend knees and jump to first set of two feet. Continue jumping forwards to finish the hopscotch pattern. Teacher can either say the colored feet or jump together or jump feet apart.



**3.** Another option is to stand at the starting star at the top of the mat. Child will bend knees and jump backwards to first set of “together” feet. Continue jumping backwards on the remaining pattern. Safety Tip: If child falls backwards, be sure to ask them to “hug” themselves to avoid injury.



**4.** Child will stand on starting star, toss a bean bag onto any starting star on the mat.



**5.** Child will proceed on jumping pattern, but will not jump or use the square that the bean bag landed on.

**Warning:** All mats and skills should only be used with adult supervision.