

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Hop Scotch

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### Game Description:

Create your own hop scotch with hoops!

### Objective:

To move through the hop scotch!

### Game Rules:

Set up a hop scotch with hoops and have the children move through the hop scotch a few times. Then have the child toss a bean bag into one of the hoops and go through the hop scotch up until they arrive at the hoop with the bean bag. Have them then pick up the bean bag while maintaining their balance and then complete the hop scotch.

### AGE:

4 to 6 years  
7 to 9 years

### TYPE OF ACTIVITY:

Skill instruction

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)  
Field / Park

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

One person  
Pair  
Small group (3-5 kids)  
Medium group (6 - 15 kids)

### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination  
Hop  
Jump  
Throw