

RECEPTION & KS1: HOP LITTLE BUNNY!

part of the Cornwall Virtual School Games

#CORNWALLSCHOOLGAMES

ACHIEVE THE CHALLENGE:

The aim of this challenge is to complete a 5-stage hopscotch as many times as you in 60 seconds.

HOW TO PLAY:

1. Create a 5-stage hopscotch from numbers one to 7 on the floor like the image.
2. Ensure you have someone to time your 60 seconds and count the number of times you complete an out and back turn.
3. Place one foot only in numbers 1, 4 and 7 and 2 feet in numbers 2 & 3 and 5 & 6.
4. On number 7 turn and hopscotch back.
5. You complete one run and earn one point when you hop off number 1 back to where you started.



EQUIPMENT

- Chalk to mark a 5-stage hopscotch, try and have one numbered square to be as close as possible to 40cms square.
- If you don't have chalk, draw on a piece of paper and weigh it down/ stick it to the ground
- Stopwatch or clock to time 60 seconds.
- Partner, brother, sister, parent etc.. to time you and count the number of times you complete

ADAPTATIONS FOR AGE / ABILITY

- If you have no chalk be creative with marking the hopscotch out. You could use sticks, paper, cardboard, towels etc...
- Encourage teamwork with the partner encouraging the participant to keep going for the full 60 seconds.

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SAFETY

- Make sure the playing area is safe with space around.
- Ensure the participant stays clear of the partner and adheres to the 2m rule if from a different household.



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SCORING

You score a point every time you get to number 7 and back to number 1 where you started.

The total points scored is the total number of times you do this in 60 seconds.

TIPS

- Ensure you practice the challenge and your hopscotch skills before you complete the challenge for real.
- Pace yourself so you keep going for the full 60 seconds.

SCHOOL GAMES VALUES:

Don't forget to try and demonstrate the School Games values whilst you complete this challenge. There are six values; Respect, Honesty, Passion, Team-Work, Determination and Belief.

