



Sports And Fitness

Hopscotch Is Fun and Great Exercise Too!

Hopscotch is a simple game that children from all over the world play. It is also a great low-impact exercise. Hopscotch is a way to work on balance because you jump on one foot and then two so it also strengthens your leg muscles. Plus - you bend down on one leg to pick up your markers! The other things it helps you to do is develop different skills such as concentration, focus and hand-eye coordination.

Hopscotch can be played with several players or alone. The first element you need is a course. Traditionally you draw the

course in the dirt with a stick, or you can draw it on pavement with chalk. Designs vary, but it's usually composed of a series of single squares and double squares. There is also a home base at the end of the course in which a player will hop and turn around before completing the reverse trip. Sometimes this home base is a semi-circle but it can also be a square.

The squares are numbered in the sequence they need to be hopped. Every

player then receives a marker such as a stone, beanbag, shell or something else that's small that can be used to mark an area.

Stand at the beginning and toss your marker in the first square. Hop over square 1 (you always skip any square that has a marker in it) to square 2. You hop through the course with one foot unless there are two squares that are side by side. Then you jump landing with one foot in each square at the same time. Hop to the end (home base), jump and turn around without leaving your square, then hop back to the beginning square. Stop in square 2 to pick up the marker while you are balancing on one foot, then jump out!

The next person tosses the marker in square 2 with the same rules, then square 3 and so on. Your turn ends if you do any of the following things: If your marker fails to land in the right square, you hop on a space that has a marker in it, you step on a line, you lose your balance, you hop outside the grid or on a single space with both feet. If your turn ends, you then begin your next turn where you left off. The first one to complete one course for every numbered square on the course, wins the game.

