Extreme Hopscotch

An Activity Linked to Unicef's Playground Challenge

Did you know, the game of hopscotch is thought to date back to Ancient Rome? Soldiers would train in full armour, sometimes carrying weights, on a hopscotch measuring over 30m long!

Use these ideas to think about ways you can include them in your very own Soccer Aid for Unicef Playground Challenge!

You will need:

- Space to play (indoors or outdoors)
- Chalk for outside
- Number tiles, paper or masking tape for inside
- Beanbags or something similar for a marker

The Traditional Game:

1. Mark out a hopscotch grid, like the one shown here. If you're outside, draw it with chalk or use masking tape, number tiles or a roll of paper if you're inside.

2. Throw a beanbag to land on number one.

3. You must jump over or hop around wherever your marker lands.

4. Hop on one leg on the single squares, jump with two feet on the double squares.

5. When you reach ten, hop around and move the same way back to the start, picking up your marker as you pass it.

6. Take it in turns, throwing your beanbag on each number in turn.
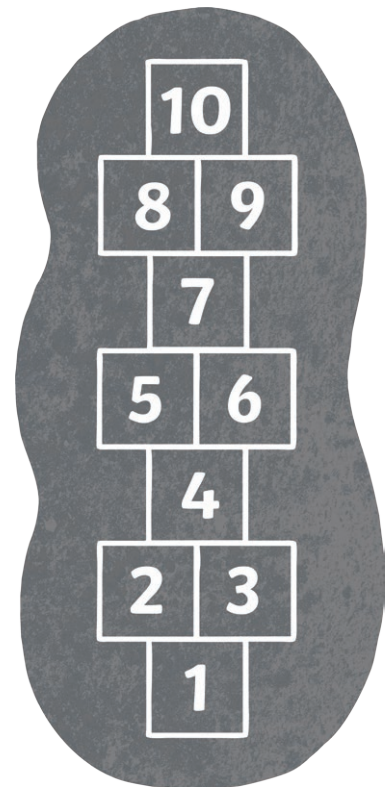
Extreme Hopscotch!
Now try these different ideas:

Change the shape of the course.
What other shapes could you use for your hopscotch course? Can you make a spiral, a triangle, a rocket?

Change the numbers.
Experiment with different sets of numbers —multiples, odd and even, etc. What about counting backwards?

Change the size of the course.
Why stop at ten? What number could you go up to? Do you have to start at one? You could alter the size of the number squares.

Change the operation.
You could multiply each number you land on. Try adding the numbers.

Grid Games
Hopscotch doesn't have to be in a line. For older or more confident children, why not try it as a grid?

Calculator Challenge
1. Set out a 4×4 grid, just like a calculator. Player one jumps or hops across the grid to create a calculation. Player two notes down the calculation, works out the answer and throws their beanbag onto the correct number. Score points for correct answers. Take turns.

2. Do it in reverse—throw a beanbag onto a number. How many calculations can you do to make that number?
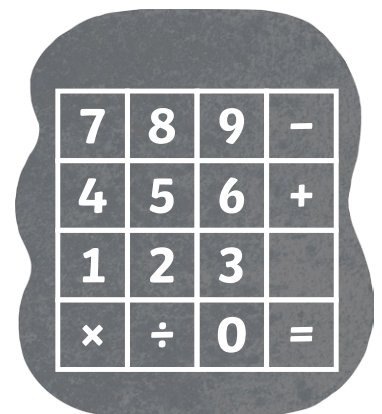
Game Grid
Set out a 4×4 grid.

1. Instead of numbers, add 2D shapes. Mark a start and finish point and challenge a friend to hop or jump from start to finish, landing only on a chosen shape.

2. Randomly add the numbers 1–16 to the grid. Can you hop or jump through the numbers in order? Reduce or extend the grid for differentiation. You can play with the numbers you include too—start at 25, use only multiples of four, etc.