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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Hop-Scotch | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Stability/Balance  Agility/Locomotion |
| **Intensity Level:**  Moderate to High |
| **Description:**  Children play traditional hop-scotch, but the coach can introduce new movement patterns:   * Left – right – both – right – left – both … * Left – left – both – right – right – both … | **Equipment:**   * None | | |
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| **Variations:**   * It can be turned into a game of tig using the various footwork to travel * It can be turned into a game of handball/basketball/netball/hockey using the various footwork * Ask children to create new patterns * Try it backwards |
| **Keep an eye on:**   * Stability (core strength, CoG management, etc.) * Coordination (from simple patterns to more complex ones) * Information Overload (too much going on!) |
| **Other Benefits:**   * Creativity | **Coach’s Comments:** | | |