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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/BalanceAgility/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
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| **Keep an eye on:*** Stability (core strength, CoG management, etc.)
* Coordination (from simple patterns to more complex ones)
* Information Overload (too much going on!)
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| **Other Benefits:*** Creativity
 | **Coach’s Comments:** |