

Take Home Hopping B3

1. Investigate how many hops does it take to complete a circuit in the school yard. Write this number in your PE journal. Try again, and see if you can reduce this number of hops.
2. This game is called Escargot, or French Hopscotch, and it is a traditional playground game in France, similar to our version of hopscotch. Can you design your own version of hopscotch? Draw it in your PE journal and play it with your friends at lunch time.
3. Create your own hopping game using dice. Draw it in your PE journal and share it with your class. Practise with your friends at lunch break.
4. Create a four part hopping sequence to your favourite pop song.
5. Practise hopping in your home this evening. Hop between rooms. Hop while watching TV or hop while you are waiting for something.
6. Practise hopping on your way home from school, or hop from your car to the door of your house.
7. Investigate the number of hops it takes to get from your bedroom to the bathroom in your house. In your PE journal, write down the number of hops.
8. Practise saying your spellings or learning your tables while hopping on one foot.