



Bunny Hopscotch

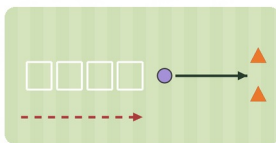
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Active Flashcards

Bunnies bounce! Hop through the squares, then score.

Set-Up

Draw 4 squares in chalk on a dry patio. Make a gate of 2 cones, 5 big steps after.



How to Play

1



Hop on one foot through the squares.

2



Land on both feet, right next to Bunny.

3



Pass Bunny through the gate with the inside of your foot.

Coach's tip

Land on your toes and bend your knees.

Level up

Hop back on your other foot, then pass with your other foot.

You need: Ball, chalk, 2 cones



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Active Flashcards

Coach's Notes: for grown-ups

What to look for

- Can they hop on one foot through every square?
- Do they land on both feet, balanced?
- Do they pass with the inside of the foot?

Hop

Balance

Pass

Make it easier or harder

	Easier	Harder
Space	Make the squares bigger.	Make the squares smaller.
Task	Jump with both feet instead of hopping.	Hop on the other foot, pass with the other foot.
Equipment	Make the gate wider.	Make the gate narrower.
Speed	Take your time.	Time the whole run and beat it.

Inclusion ideas

- Players can step or wheel through the squares, then roll the ball with their hands.
- Draw the squares in a bright chalk colour.

Safety

Use chalk on a dry surface. Never hop on hoops or anything that could slip.

